Steamboat Springs Winter Sports Club
Winter Program Guide

Steamboat Springs
WINTER SPORTS CLUB
2020-2021

2020 Ski Jumping/ Nordic Combined
Club of the Year
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. 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.

Please note that all 2020-21 SSWSC programs are subject to change due to Covid-19. Program start and end dates, times, schedules, and structure may be adjusted. If necessary, programs may be interrupted or cancelled. We will communicate any changes to all families who have registered.

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, 2020.

Did you know? Program fees on average cover only about two-thirds 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.

**EZ Scholarship**

Resident participants whose family adjusted gross income (AGI) is under $150,000 based on their 2019 Federal Income Tax return are eligible for a one-click program fee scholarship as part of the program registration process. Simply choose the box during registration corresponding to the family 2019 AGI. The EZ Scholarship is not available to non-residents. SSWSC may request documentation confirming the family’s AGI level.

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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 a plastic surface 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 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 snow sports. 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
- Enrollment for this program will reach capacity. Register early.

**DATES AND TIMES:**

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

Session 1: January 6 - February 3
Session 2: February 10 – March 11

**PROGRAM FEE:** $175
Lil’ Rascals (ages 4-5) NEW!

A learn-to-snowboard program for the youngest rider to slide around on Howelsen Hill exposing them to snowboarding and snow play while providing a gentle and fun teaching approach in a group setting. **No experience is necessary.**

**DATES AND TIMES:** February 4 – March 4, Thursdays 12:00pm-1:15pm

**LOCATION:** Howelsen Hill

**PROGRAM FEE:** $170

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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 skill development, games, and skiing adventures. Sessions are five weeks long. Training sessions meet at Howelsen Hill. **No experience is necessary.**

- Participants will need no wax classic cross country skis, boots, and poles.
- Low cost equipment rentals for this program are available through the Steamboat Ski Touring Center- 879-8180
- A cross country trail pass to Howelsen Hill is provided during training times only

**DATES AND TIMES:**
Wednesdays 4:00-5:30pm (2 x 5 week sessions on offer)
Session 1: January 6 - February 3
Session 2: February 10 – March 10

**PROGRAM FEE:** $175
U6 Skiing (Age 5) *NEW for 2020

U6 has changed this year to one 8 week session for just 5 year olds. U6 is a development program for participants who are ready to ski in a group. Fundamental skiing skills and skiing as a group are introduced in an encouraging and fun way. Participants must be 5 years old by December 31, 2020. Skiers must 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
- Enrollment for this program will reach capacity. Register early.

DATES AND TIMES: Saturdays, 9:15am-12:15pm, January 9 – March 6
LOCATION: Steamboat Ski Resort
PROGRAM FEE: $525

Little Vikings (ages 6-8)

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. Participants must be 6 years old by December 31, 2020.

- Minimum requirement: Beginner skiing skills, stopping, and turning. Experience riding the poma is helpful but not required
- Participants need cross country skis, boots and poles, alpine equipment (no poles), helmet and an all-access ski pass to Howelsen Hill
- Register by October 15 to ensure a place in this program

DATES AND TIMES:
Wednesdays and Fridays, December 9 – March 6
Jumping Wednesdays 4:15-5:45pm, Cross Country Fridays 4:15-5:45pm

PROGRAM FEE: $695 plus $100 refundable work deposit
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. U8 and U8+ groups train at both Howelsen Hill and Steamboat Resort. The U8 program offers training on Saturdays, and the U8+ adds Thursday night training and an earlier Saturday start time. **U8+ is for 1st and 2nd graders, must be 6 years old by Dec 31, 2020.**

- 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
- Register by October 15 to ensure a place in this program

**DATES AND TIMES:**

U8: Saturdays only, 9:00am-noon, December 5 – March 6
U8+: Thursdays (4:15-5:45pm) and Saturdays (8:45am-12:00pm), December 3 - March 6

**LOCATION:** Thursdays Howelsen Hill, Saturdays at Steamboat Ski Resort or Howelsen Hill, varies by week

**PROGRAM FEE:**

U8 (Sat only): $695 plus $100 refundable work deposit
U8+: $975 plus $175 refundable work deposit

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**U8 Ski Meisters (ages 6-7)**

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. Register by October 15 to ensure a place in this program.

**DATES AND TIMES:**

December 5 – March 6
Jumping Wednesdays 4:15-5:45pm
Cross country Fridays 4:15 - 5:45pm
Skiing Saturdays 9:00am-noon

**LOCATION:** Howelsen Hill Wednesdays and Fridays; Steamboat Ski Resort Saturdays

**PROGRAM FEE:** $1,195 plus $175 refundable work deposit
U8 and U8+ Ski and Jump (ages 6-7)

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 U8 Skiing above. Register by October 15 to ensure a place in this program.

DATES AND TIMES:
U8+ Ski & Jump: December 3 – March 6
U8 Ski & Jump: December 5 - March 6
Choose U8 Skiing or U8+ Skiing program days above
Jumping on Tuesdays 4:15-5:45pm

LOCATION: Howelsen Hill, Steamboat Ski Resort on some Saturdays

PROGRAM FEE:
U8 Ski and Jump (Tues & Sat): $1060 plus $175 refundable work deposit
U8+ Ski and Jump (Tues, Thurs, Sat): $1,340 plus $175 refundable work deposit

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. Casual competition opportunities are available through the Steamboat Cup Series and the Steamboat Nordic Race Series.

- No experience is necessary
- Suggested cross country ski equipment includes no wax 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:
December 1 – March 11
Tuesdays and Thursdays 4:00-5:30pm

LOCATION: Howelsen Hill
PROGRAM FEE: $675 plus $100 refundable work deposit
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 riding requirement**: Able to ride both edges comfortably on green terrain and working towards linking turns. Desire to have fun and learn new snowboard skills
- **Equipment requirements**: Participants need snowboard equipment, and a helmet
- **Season pass information**: Lift pass to Steamboat Ski Resort
- **There will be a pre-season equipment check in November**

**DATES AND TIMES:**
December 5 – March 6
Mondays 5:30-7:30pm and Saturdays 8:45am-2:00pm

**LOCATION**: Steamboat Ski Resort

**PROGRAM FEE**: $1,150 plus $150 work deposit

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**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 riding requirement**: Ability to ride aggressively on black terrain and desire to improve
- **Equipment requirements**: Participants need snowboard equipment, and a helmet. An all-terrain board is recommended.
- **Season pass information**: Passes to Steamboat Ski Resort and Howelsen Hill
- **This program is for riders through 8th grade**
DRYLAND TRAINING:
Wednesdays and Thursdays starting October 21, 4:00-6:00pm at Howelsen Hill until ski areas open

ON-SNOW TRAINING:
Wednesdays and Thursdays 4:00-6:00pm at Howelsen Hill
Saturdays 8:45am-2:00pm at Steamboat Ski Resort
Last day of training March 11

PROGRAM FEE: $2,250 plus $450 work deposit

U10 Skiing (ages 8-10)

This signature SSWSC program 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 and Howelsen Hill
- Steamboat Cup Series entries are included and do not require any additional memberships
- U.S. Ski & Snowboard or USASA membership is required for U.S. Ski & Snowboard (alpine and moguls) or USASA (freeskiing) competitions
- Register by October 1 to ensure a place in this program

DRYLAND TRAINING:
Tuesdays, 4:15-5:45pm at Howelsen Hill, starting October 6 for the 3-day program and October 27 for 2-day

ON-SNOW TRAINING:
Tuesdays (4:15-6:00pm @ HH) and Saturdays (8:30am-2:30pm @ SB) starting November 24
3-day program adds Mondays 5:30-7:30pm @ SB starting December 14, plus bonus days during SSSD school breaks and days off. (Monday 11/30, 12/7 will be at HH from 4-6pm)
Last day of training: 2-Day – March 13; 3-Day – March 20
Cross Country U10/U12 (ages 8-12)

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 8, 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 14

PROGRAM FEE: $1,450 plus $200 refundable work deposit
U10 Jumping and Nordic Combined (ages 7-10)

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. A USANS athlete membership is required for the USANS Virtual Nationals and U.S. Cup events (additional registration required).
- **Register by October 1 to ensure a place in this program.**

**DRYLAND:** Thursdays and Fridays starting on October 8, 4:00-5:30pm at Howelsen Hill

**ON-SNOW:**
Thursday, 4:00-6:00pm (Cross country)
Friday, 4:00-6:00pm (Jumping)
Saturday, 10:00am-1:30pm (Jumping followed by cross country)

All training is at Howelsen Hill. Last day of programming is March 6.

**PROGRAM FEE:**
- **Nordic Combined (all days):** $1,475 plus $300 refundable work deposit
- **Jumping only (Friday & Saturday only on-snow):** $1,075 plus $300 refundable work deposit

U10 Ski and Jump (ages 8-10)

This crossover program offers a unique training opportunity available only in a place like Steamboat. Skiers in the U10 Skiing 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 they’re ready. Nordic equipment available to rent from the club for a nominal fee based on availability. Dryland training on Fridays 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. Register by October 1 to ensure a place in this program.
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<tr>
<th>Program</th>
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<th>Dryland</th>
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<tr>
<td>U10 2-day + Jump</td>
<td>Oct 23 – Mar 13</td>
<td>Tuesdays starting Oct 27 4:15-5:45pm @ HH</td>
<td>T Ski 4:15-6:00pm @ HH</td>
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<td>Fridays starting Oct 23 4:00-5:30pm @ HH</td>
<td>F Jump 4:00-6:00pm @ HH</td>
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<td>SA Ski 8:30am-2:30pm @ SB or HH</td>
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<tr>
<td>U10 3-day + Jump</td>
<td>Oct 6 – Mar 20</td>
<td>Tuesdays starting Oct 6 4:15-5:45pm @ HH</td>
<td>M Ski 5:30-7:30pm @ SB (starting 12/14)</td>
<td>$2,925</td>
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<td>Sa Ski 8:30am-2:30pm @ SB</td>
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**U10 Ski Meisters (ages 8-10)**

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 programs with a day of cross country and a day of jumping in the U10 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. Jumping and cross country end on March 6.

- **Minimum requirement:** Successful completion of Little Vikings or strong intermediate skiing skills
- **Equipment:** XC skate skis, boots and poles; alpine skis, boots and poles
- **Ski passes:** Howelsen Hill (both alpine and XC) and Steamboat Ski Resort
- **A U.S. Ski & Snowboard membership is required to compete in U.S. Ski & Snowboard sanctioned events**
- **Register by October 1 to ensure a place in this program**
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Fridays starting Oct 23 4:00-5:30pm @ HH | T Alpine ski 4:15-6pm @ HH  
Th XC ski 4:00-6pm @ HH  
F Jump 4:00-6pm @ HH  
Sa Alpine ski 8:30am-2:30pm @ SB | **$2,350** |
| **U10 3-day + Ski Meister** | Oct 6 – Mar 20 | Tuesdays starting Oct 6 4:15-5:45pm @ HH  
Fridays starting Oct 23 4:00-5:30pm @ HH | M Alpine ski 5:30-7:30pm @ SB (starting 12/14)  
T Alpine ski 4:15-6pm @ HH  
Th XC ski 4:00-6pm @ HH  
F Jump 4:00-6pm @ HH  
Sa Alpine ski 8:30am-2:30pm @ SB | **$3,250** |

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**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:** Strong alpine all-mountain skiing skills, previous telemark skiing not required
- **Participants need telemark skiing equipment, helmet**
- **Ski pass to Steamboat Ski Resort and Howelsen Hill**
DRYLAND: Thursdays, 4:00-5:30pm, starting November 5, at Howelsen Hill

ON-SNOW:
Thursdays 4:00-6:00pm, starting December 3, at Howelsen Hill
Saturdays, 9:00am-1:00pm, starting December 5, at Steamboat Ski Resort
Last day of training March 13.

PROGRAM FEE: $1,095 plus $175 refundable work deposit

Weekend Explorers (ages 9-12)
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 5 – March 13, 9:00am-2:00pm

LOCATION:
Steamboat Ski Resort

PROGRAM FEE:
$950 plus $150 refundable work deposit

All Mountain Program “AMP” (ages 10-16)
This non-competitive program is designed for those athletes that want to continue their improvement in skiing in a fun and social ski club environment. They will explore bumps, powder, trees, jumps, steeps and park, while continuing to cultivate life-long passion for the sport.

- 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:
Dryland starts on Thursdays on November 5 from 4:15-5:45pm. On-snow training is from 5:30-7:30pm on Thursdays and 9:00am-2:30pm on Saturdays, running from December 3 to March 13.

LOCATION: All training is at Steamboat Ski Resort

PROGRAM FEE: $1,650 plus $300 refundable work deposit

It’s A Girl’s Thing (ages 11-15)

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 13, January 3, 17, 31 & February 14

PROGRAM FEE: $360
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 such as focus, organization, timeliness, self-control, and respect of rules and others.

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. 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.

**Fast Fridays**

On selected Fridays from 4-6pm, SSWSC alpine race program participants will have open skiing with a race course set at Howelsen Hill. These open sessions are optional but encouraged for all racers. Unlike regularly scheduled training days, there is no coaching on these Friday sessions. Some coaches will be on the course for maintenance and safety, but no coaching will take place. This day is for the kids! If they want to take 2 runs and go home, that is OK. If they want to try to take 30 runs on the course, that’s OK too. If they’d rather free ski, great! There is no extra cost or registration for these sessions. Simply look at the program calendar to see whether the course will be GS, slalom or Kombi and bring the right gear.

**CONTACT:** Tyler Shepherd, Alpine Competitive Program Director, 970.879.0695 x109, tshepherd@sswsc.org

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**Alpine Racing U12 (ages 10-12)**

This program is for kids who are interested in alpine racing and competing and for kids who just want to work on their fundamental skiing skills using racing to teach those skills at a high level. Training includes skiing bumps, powder, trees, jumps, gates and steeps, equipment preparation and more. The 3-day program is great for skiers who are trying it out and the 4-day program is ideal for motivated skiers who want more training and competition opportunities. **The difference between the programs is not ability based, but the desired commitment level of the athlete. All skiers participate in the local Steamboat Cup Series with 3-day athletes targeting the local Steamboat races and 4-day athletes targeting the Bolle Age Class race within the U.S. Ski & Snowboard Rocky Mountain Division. Both 3-day and 4-day athletes will all work together as one cohesive U12 team. 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. The U12 Ski Meisters and U12 Ski & Jump programs are options that include ski jumping and cross country skiing for a complete skiing skill set! Jumping and cross country training goes through at least March 6.** **Minimum skiing requirement:** Comfortable on blue and black runs.
Equipment requirements: Slalom skis, properly fitted junior ski boots, helmet, and goggles with UV lenses. GS skis, speed suit, slalom pole guards, shin guards and goggles with clear/night lenses recommended. An equipment ordering session is scheduled for September 12th in Eagle, CO.

Season pass information: Must have ski passes to Howelsen Hill and to Steamboat Ski Resort - IKON pass recommended.

Competition information: Skiers compete in the Bolle Age Class Series and RMD U12 Finale

Licensing requirements: U.S. Ski & Snowboard alpine membership required for Bolle Age Class races, but not Steamboat Cup Series

NOTE: For competitions, U12 age group is all athletes born in 2009 and 2010.

<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow*</th>
<th>Program fee (+ $450 work deposit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine Racing U12 4-day</td>
<td>Sept 9 – April 11</td>
<td>M &amp; W 4:00-6:00pm @ HH</td>
<td>M 5:30-7:30pm @ SB** W 4:00-6:00pm @ HH Sa 8:30am-3:00pm @ SB Su 10:00am–3:00pm @ SB</td>
<td>$3,995</td>
</tr>
<tr>
<td>Alpine Racing U12 3-day</td>
<td>Oct 5 – Mar 21</td>
<td>M &amp; W 4:00-6:00pm @ HH</td>
<td>W 4:00-6:00pm @ HH Sa 8:30am-3:00pm @ SB Su 10:00am–3:00pm @ SB</td>
<td>$2,700</td>
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<tr>
<td>U12 Alpine Race &amp; Jump</td>
<td>Sept 2 – Apr 11</td>
<td>Mondays &amp; Wednesdays starting Sept 2 4-6pm @ HH Fridays starting Sept 25 4-6pm @ HH</td>
<td>M 5:30-7:30pm @ SB** W 4:00-6:00pm @ HH F 4:00-6:00pm @ Jump HH (thru 3/13) Sa 8:30am-3:00pm @ SB Su 10:00am–3:00pm @ SB</td>
<td>$4,445</td>
</tr>
<tr>
<td>U12 Alpine Race Ski Meister</td>
<td>Sept 2 – Apr 11</td>
<td>Mondays &amp; Wednesdays starting Sept 2 4-6pm @ HH</td>
<td>M Alpine ski 5:30-7:30pm @ SB**</td>
<td>$4,770</td>
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<tr>
<td></td>
<td></td>
<td>Fridays starting Sept 25 4-6pm @ HH</td>
<td>T XC ski 4-6pm @ HH (Thru 3/10)</td>
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<td></td>
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<td></td>
<td>W Alpine ski 4-6pm @ HH</td>
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<td>F Jump 4-6pm @ HH (thru 3/13)</td>
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<td></td>
<td>Sa Alpine ski 8:30am-3pm @ SB</td>
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<td></td>
<td></td>
<td></td>
<td>Su Alpine ski 10am-3pm @ SB</td>
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</tbody>
</table>

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

**Until the resort is open for night skiing, we plan to switch to Thursday evenings.

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**Alpine Racing U14 (ages 12-14)**

This program is for motivated skiers born in 2007 and 2008 who love to ski race and enjoy competition. Athletes begin to spend more time in gates learning tactics and managing speed in the race course. However, plenty of time is still spent skiing the whole mountain to strengthen fundamental skiing skills, challenge the skiers’ balance and to have fun. Skiers participate in U.S. Ski & Snowboard Rocky Mountain Division competitions. Participation in the dryland program is expected to establish a base of fitness to help the skiers minimize injury risk and ski their best, but those playing fall sports are encouraged to and their dryland plan can be adapted.

**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, back protector, slalom pole guards, and shin guards. Super G skis* and goggles with clear/night lenses recommended. Helmets must have FIS approved sticker shown. An equipment ordering session is scheduled for September 12th in Eagle, CO.

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

**Competition information:** Skiers participate in the U.S. Ski & Snowboard Rocky Mountain Division (RMD) Bolle Age Class Series, selected SYNC Cup races, and Junior Championship events.

**Licensing requirements:** U.S. Ski & Snowboard competitor membership is required

The U14 age group is for skiers born in 2007 and 2008, but 2006 year of birth skiers who want fewer days of training than the U16 program and do not wish to compete in the full SYNC Cup competition schedule may also join the alpine U14 program.

*SSWSC has a limited inventory of Super G 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.*
<table>
<thead>
<tr>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow*</th>
<th>Program fee (+ $500 work deposit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 8 – April 11</td>
<td>T, W, Th 4:00-6:00pm @ HH</td>
<td>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</td>
<td>$5,995</td>
</tr>
</tbody>
</table>

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

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**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 in late October with trips to Loveland or Copper Mountain. The U16 age group is for skiers born in 2005 and 2006.

**Eligibility requirement:** New athletes to the SSWSC must first contact Alpine Program Director Tyler Shepherd tshepherd@sswsc.org prior to registration. Athletes are 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, back protector, slalom pole guards, and shin guards. Helmets must have FIS approved sticker. Downhill skis recommended. An equipment ordering session is scheduled for September 12th in Eagle, CO.

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

**Competition information:** Participation in SYNC Series, RMD qualification events, U16 Championships/ Council Cup and spring races.

**Licensing requirements:** U.S. Ski & Snowboard competitor membership required

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<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
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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 2004 or earlier.

Eligibility requirement: Athletes new to the SSWSC must contact Alpine Program Director Tyler Shepherd tshepherd@sswsc.org for an interview prior to enrollment. Space is limited in this program. 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, back protector, slalom pole guards, and shin guards. Helmets must have FIS approved sticker. Downhill skis recommended. An equipment ordering session is scheduled for September 12th in Eagle, CO.

Season pass information: Must have ski passes to Howelsen Hill and to Steamboat Ski Resort (IKON pass recommended)

Competition information: Participation in regional FIS racing, national championship events and qualifiers, FIS-U and NorAm events (as qualified) and spring races.

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

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).

Eligibility requirement: Completed application, signed commitment contract, deposit, and acceptance into program, contact Tyler Shepherd tshepherd@sswsc.org. Space is limited in this program.

Season pass information: Must have ski passes to Howelsen Hill and to Steamboat Ski Resort (IKON pass recommended)

Competition information: Participation in regional FIS, National Championship, NorAm, FIS-U and other events based on individual competition plan and qualification.

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

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<tr>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee</th>
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</thead>
<tbody>
<tr>
<td>August 26-April 11</td>
<td>M-F TBD @ HH</td>
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<td>$9,995 Non-resident price: $12,495</td>
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<tr>
<td>Out of region competitions and weekend training camps may be offered through May at an additional cost.</td>
<td>Sa 8:30am–3:00pm @ SB</td>
<td>Su 8:30am-3:00pm @ SB</td>
<td></td>
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</tbody>
</table>
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 Carl’s Cup Town Challenge Races 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 4 – March 6

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:
$695 for full season, including bonus sessions

$180 for 6-pack (choose any 6 sessions)

$35 for single session

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, strength and fitness for any winter sport. By the high school ages, the SSWSC program offers full-time year-round training for athletes motivated to pursue their top potential through a comprehensive training program.

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.
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 skill development, games, and skiing adventures. Sessions are five weeks long. Training sessions meet at Howelsen Hill. **No experience is necessary.**

- Participants will need no wax classic cross country skis, boots, and poles.
- Low cost equipment rentals for this program are available through the Steamboat Ski Touring Center-879-8180
- A cross country trail pass to Howelsen Hill is provided during training times only

**DATES AND TIMES:**

Wednesdays 4:00-5:30pm (2 x 5 week sessions on offer)

Session 1: January 6-February 3

Session 2: February 10 – March 10

**LOCATION:** Howelsen Hill

**PROGRAM FEE:** $175

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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. Casual competition opportunities are available through the Steamboat Cup Series and the Steamboat Nordic Race Series.

- **No experience is necessary**
- Suggested cross country ski equipment includes no wax 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:**

December 1 – March 11

Tuesdays and Thursdays 4:00-5:30pm

**LOCATION:** Howelsen Hill
Cross Country U10/U12 (ages 8-12)

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 events, and the Steamboat Nordic Race Series.

- Participants will need cross country ski equipment (classic and skate) and a Youth XC ski pass to Howelsen Hill and the Steamboat Ski Touring Center
- Participants will need a U.S. Ski & Snowboard General Membership for Rocky Mountain Nordic races. RMN membership is a required add on to the USSS membership

**DRYLAND TRAINING:**

Tuesdays and Thursdays starting October 6, 4:00-5:45pm at Howelsen Hill

**ON-SNOW TRAINING:**

Tuesdays and Thursdays, 4:00-5:45pm, 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 13

**PROGRAM FEE:** $1,450 plus $200 refundable work deposit

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Cross Country U14 (ages 11-14)

This program is designed for skiers who wish to focus on improving their cross country skiing skills and fitness for participation at an increased competitive level. Skiers engage in physical conditioning activities, develop a technical base of knowledge and build upon physical skills to improve their cross country skiing. Ample opportunities are available for testing physical fitness and skills through Rocky Mountain Nordic Races, Steamboat Cup events, and Steamboat Nordic Race Series

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

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

**Licensing requirements:** Participants will need a U.S. Ski & Snowboard General Membership for Rocky Mountain Nordic races. RMN membership is a required add on to the USSS membership

<table>
<thead>
<tr>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee</th>
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<tr>
<td>September 15 - March 13</td>
<td>T, Th, F 4-6pm @ HH</td>
<td>T, Th, F 4:00–6:00pm @ HH or other Sa 9:00am–12:00pm @ HH or other</td>
<td>$2,475 (+ $300 work deposit)</td>
</tr>
</tbody>
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**Cross Country U16/U18/U20 (ages 14-19)**

This program offers a comprehensive level of training for motivated athletes who love the sport and want to pursue their top potential in cross country ski racing. Each participant works with his/her coach to develop an annual training plan and 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 to line up with weekday training times.

**Minimum skiing requirement:** Some XC skiing is desirable, but not mandatory. There have been successful XC athletes who began skiing in high school

**Equipment requirements:** Cross country ski equipment for classic and skate on snow and complementary roller ski equipment for dry land training

**Trail pass information:** Purchase a Youth Premier Valley Pass [http://www.steamboataxcski.com/valley-pass](http://www.steamboataxcski.com/valley-pass)

**Competition information:** Participants compete in Rocky Mountain Nordic (RMN) Junior National Qualifiers, Junior National championships (by qualification) and other events including Senior National Championships, Super Tour events and Super Tour Finals, if deemed appropriate.

**Licensing requirements:** Participants will need a U.S. Ski & Snowboard Competitor Membership. RMN membership is a required add on to the USSS membership. Possible FIS license depending on competition plan.
Cross Country Post Grad (ages 18 and older)

This program is designed for 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. Athletes in the Post Grad program have the opportunity to further their education by taking classes at Colorado Mountain College (CMC) and/or to find employment in Steamboat Springs.

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)


Competition information: Participants compete in Rocky Mountain Nordic (RMN) Junior National Qualifiers, Junior National championships (by qualification) and other events including Senior National Championships, Super Tour events and Super Tour Finals, if deemed appropriate.

Licensing requirements: Participants will need a U.S. Ski & Snowboard Competitor Membership and a FIS Competitor License. RMN membership is a required add on to the USSS membership.
The freestyle moguls coaching staff aims to create a world class training environment that offers programming for young skiers who simply want to challenge themselves 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 that 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 spring, summer and 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.

The programs are age-based, but we understand that young skiers come through the program with different goals and abilities. A typical progression for a mogul skier follows the ages and training days below, but we will work to find the best fit for skiers with different ages and experience to help encourage skiing development and enjoyment of mogul skiing while emphasizing camaraderie among the groups.

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

<table>
<thead>
<tr>
<th>August 25 to April 3</th>
<th>T, Th 9:00-11:00am (as appropriate)</th>
<th>T, Th 9–11am (as appropriate)</th>
<th>$5,350</th>
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<tr>
<td></td>
<td>T-F 2:45–5:30pm @ HH</td>
<td>T-F 2:30–5:30pm @ HH or other</td>
<td>Non-resident price: $6,680</td>
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<tr>
<td></td>
<td>Sa 9:00am–12:30pm @ HH</td>
<td>Sa 9am–12:30 @ HH or other</td>
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Steamboat Springs
WINTER SPORTS CLUB

Freestyle Skiing

Non-resident price: $6,680
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 DEVO Free U13 program.

DEVO Free U13 (ages 10-12)

This program continues to develop a technical base of overall skiing skills continuing on from U10 but leans more toward moguls and freeskiing disciplines of halfpipe, slopestyle and big mountain. It is designed to help create the desire of skiers to learn more about their sport. Training includes moguls, slopestyle, halfpipe, big mountain, powder, trees, jumps, and steeps. DEVO Free includes competition options, and allows athletes to develop their personal vision of the sport. Skiers are encouraged to participate in the Steamboat Cup Series, and athletes who want even more competitive experiences can participate in selected US Ski and Snowboard Freestyle mogul events, USASA slopestyle and halfpipe events, and/or IFSA Big Mountain events. This program is scheduled for three days a week on snow, or one may choose to add a fourth day with an emphasis either on moguls or freeskiing disciplines through the DEVO Free + program. DEVO Free + skiers will start dryland training earlier and get additional acrobatic and movement skills training to support their development. The DEVO Free + program is geared toward motivated young skiers with a passion for moguls and freeskiing and skiers are encouraged to compete at some events throughout the winter. At this age and stage it is our goal to help create a love for the sport and a love for the process!

Minimum skiing requirement: Must be able to ski blue / black runs confidently and interest in skiing across the whole mountain

Equipment requirements: Alpine ski equipment and helmet. DEVO Free + participants should have twin tips for freeskii or mogul-specific skis depending on which discipline they are leaning towards.

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

Competition information: SSWSC will choose selected events from the Rocky Mountain Freestyle (moguls), USASA (halfpipe and slopestyle) and IFSA (big mountain) 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.

<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Dryland</th>
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<th>Program fee</th>
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<td>deposit)</td>
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<tr>
<td>Devo Free</td>
<td>October 7 to March 20</td>
<td>W &amp; F 4:00–6:00pm @ HH</td>
<td>W, F 4:00-6:00pm @ HH Sa 8:30am–2:30pm @ SB</td>
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<tr>
<td>Devo Free+ Moguls</td>
<td>October 7 to March 20</td>
<td>W &amp; F 4:00–6:00pm @ HH or WR</td>
<td>Tu 6:00-8:00pm @ HH W, F 4:00-6:00pm @ HH Th 1x a month 4:00-5:15pm @ Excel Gym Sa 8:30am-2:30pm @ SB</td>
<td>$3,050</td>
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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 participate in Rocky Mountain Devo/RQS and/or Comp Series events

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

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<td>April 4</td>
<td>As scheduled @ WR</td>
<td>Th 4:00–6:00pm @ HH</td>
<td>(+$350 work</td>
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<tr>
<td></td>
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<td>Sa 8:30am-2:30pm @ SB</td>
<td>deposit)</td>
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<td>Su 10:00am-1:00pm @ SB</td>
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<td></td>
<td></td>
<td>3 trampoline sessions at Excel per month, days</td>
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<td></td>
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<td>TBD</td>
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</tr>
</tbody>
</table>

Spring training hours may be adjusted per snow conditions and ski area operating schedules.

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. Participants need to arrange for a skier schedule with the school.

**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

<table>
<thead>
<tr>
<th></th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3 to</td>
<td>T-F</td>
<td>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</td>
<td><strong>$6,250</strong></td>
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<td>April 4</td>
<td>TBD @HH</td>
<td><em>Spring training hours may be adjusted due to conditions and spring operating schedules</em></td>
<td><em>Non-resident price: $7,815</em></td>
</tr>
<tr>
<td></td>
<td>As scheduled @ WR</td>
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</tr>
</tbody>
</table>

**U17/U19 Moguls Part-Time (ages 15 and older)**

The U17/19 part time program is intended for high school athletes who are looking for advanced training in a fun, recreational environment. Participants will learn advanced mogul skiing and jumping skills. Athletes are encouraged to participate in limited US Ski and Snowboard regional events, though competition is not required. Dryland training is offered prior to on-snow training; these sessions are optional as we support those competing in other sports during the fall. Participants must be on a partial skier schedule at SSHS.

**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*

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<thead>
<tr>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3 to</td>
<td>T, Th, F TBD @HH</td>
<td>T, Th 12:30-4:00pm @ SB</td>
<td>$4,250</td>
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<td>April 4</td>
<td>As scheduled @ WR (choose 2 dryland days/week)</td>
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<td>Non-resident price: $5,300</td>
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<tr>
<td></td>
<td></td>
<td><em>Spring training hours may be adjusted due to conditions and spring operating schedules</em></td>
<td></td>
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</tbody>
</table>

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**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 Tour. This Mlevel 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 (IKON Pass recommended) and Howelsen Hill*

Competition information: *Divisional, NorAm, US Selections and FIS Mogul Competitions. Participants must have the ability and means to travel extensively for training and competition*

Licensing requirements: *U.S. Ski & Snowboard and FIS licenses required*
The SSWSC has offered freeskiing training options since 2000. Competitive freeskiing disciplines include halfpipe, slopestyle, big mountain and backcountry. SSWSC Freeskiing offers training and competitive options for 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 Big Mountain Competitive winter program starts in September with pre-season training after school through a fun, fitness based Movement and Conditioning 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 continues through 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 attend coach’s 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, 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 the sport. 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 freeskier 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
DEVO Free (ages 10-12)

This program continues to develop a technical base of overall skiing skills continuing on from U10 but leans more toward freeskiing disciplines of halfpipe, slopestyle and big mountain as well as moguls. It is designed to foster the desire of learning and exploration in their sport. Training includes slopestyle, halfpipe, moguls, big mountain, powder, trees, jumps, gates and steeps. DEVO Free includes competition options, and allows athletes to develop their personal vision of the sport. Skiers are encouraged to participate in the Steamboat Cup Series. Athletes interested in a more competitive experience can participate in selected USASA slopestyle and halfpipe events, IFSA Big Mountain events, and/or Rocky Mountain Freestyle moguls events. This program is scheduled for three days a week on snow, or one may choose to add a fourth day with an emphasis either on freeskiing or mogul disciplines through the DEVO Free + program. DEVO Free + athletes participate in additional acrobatic and movement skills training to support their development. The DEVO Free + program is geared toward motivated young skiers with a deeper focus towards freeskiing or moguls. Devo plus skiers are encouraged to get a taste of competition at regional level events throughout the winter. At this age and stage it is our goal to help create a love for the sport and a love for the process of improving!

*12 year olds interested in competition are encouraged to look at the Jr Freeskiing Teams*

**Minimum skiing requirement:** Must be able to ski blue / black runs confidently and interest in skiing across the whole mountain.

**Equipment requirements:** Alpine ski equipment and helmet. DEVO Free + participants should have twin tips for freeskis or mogul-specific skis depending on which discipline they are drawn towards.

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

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

**Licensing requirements:** Skiers do not need a license for the Steamboat Ski Cup Series, but a USASA license is required for USASA slopestyle and halfpipe competitions, an IFSA license is required for Big Mountain events, or a US Ski and Snowboarding RMF membership for moguls.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee (+$350 work deposit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Devo Free</td>
<td>October 7 to March 20</td>
<td>W &amp; F 4:00-6:00pm @ HH Sa 8:30am-2:30pm @ SB</td>
<td>$2,400</td>
</tr>
</tbody>
</table>
Freeskiing Junior Team Full Time (ages 12-15)

This program is designed for the competitively driven freeskier athlete interested in regional competition. It is targeted at the phase 3 development level of the U.S. Ski & Snowboard Training System. Coaching will be geared toward freeskier skill development across the entire mountain including 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 and competition (must be at least 12 years old to lodge with the team).

**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. Contact Tony Lodico tlodico@sswsc.org for details.

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

**Season pass information:** IKON pass recommended for skiing at Steamboat Ski Resort and Copper Mountain

**Competition information:** Athletes will participate in regional and national level USASA and/or IFSA events *only two USASA events on the schedule*

**Licensing requirements:** A USASA license is required for USASA slopestyle and halfpipe competitions, an IFSA membership for all Big Mountain Events.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Fall Training</th>
<th>On-Snow</th>
<th>Program fee</th>
</tr>
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<tbody>
<tr>
<td>October 7 to March 20</td>
<td>W &amp; F 4:00-6:00pm @ HH</td>
<td>T 4:15-6:00pm @ HH W, F 4:00-6:00pm @ HH Sa 8:30am-2:30pm @ St</td>
<td>$3,050</td>
</tr>
<tr>
<td>October 7 to March 20</td>
<td>W &amp; F 4:00-6:00pm @ HH</td>
<td>T 6:00- 8:00pm @ HH W, F 4:00-6:00pm @ HH Sa 8:30am-2:30pm @ St</td>
<td>$3,050</td>
</tr>
</tbody>
</table>
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. This program is a non-competitive skill development program focused on creating a team environment to promote technical growth. There will be two competitive travel opportunities along with travel camp opportunities to build team cohesion without the competition day focus.

**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 and Howelsen Hill

**Competition information:** Athletes may participate in regional and national level USASA and or IFSA events *max of 2 competitive events*

**Licensing requirements:** A USASA license is required for USASA slopestyle and halfpipe competitions, an IFSA membership for all Big Mountain Events.
Big Mountain Full Time Competitive (ages 15-19)

Designed for athletes who wish to improve in Competitive Big Mountain Freeskiing. This group focuses on continued development of the freeskiing fundamentals and competitive skills. Training in all Freeskiing venues: Terrain park, halfpipe and big mountain, as tools to improve big mountain skiing goals. The team generally splits training time 70/30 in a competitive venue environment and out of venue. The Big Mountain Team is a competition oriented program, competing in the Rocky Mountain Freeride Series, along with IFSA national events.

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. IKON pass recommended for camp opportunities

Competition information: Athletes may participate in regional and national level IFSA events USASA(limited options)

Licensing requirements: IFSA and RMFS memberships are required for all Big Mountain Events. US Ski And SB Volunteer memberships are required for athletes who are 18 or older for Safesport Legislation.
<table>
<thead>
<tr>
<th>Dates</th>
<th>Fall Training</th>
<th>On-Snow</th>
<th>Program fee (+$450 work deposit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 1-April 3 (or IFSA Nor AM Champs)</td>
<td>Sept 1- Nov 13 T and Th TBD @ HH Wed and Fri TBD @HH</td>
<td>T, Th, F 1:00-3:30pm @ SB Sa 9:00am-1:00pm @ SB T 4:00-5:00 @ HH Gym Tues at HH airbag as scheduled Spring hours: T,Th,F 1:00-3:30pm, Sat 11:00-3:00pm @ SB</td>
<td>$4,750 Non-resident price: $5,940</td>
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**Spring Dates:**
March 3-April 3

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**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 limited and limited to the regional level (USASA age class, or IFSA RMFS Regional events). Athletes will 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. This program is a non-competitive skill development program focused on creating a team environment to promote technical growth. There will be two competitive travel opportunities along with travel camp opportunities to build team cohesion without the competition day focus.

**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. Recommended IKON pass for skiing at Steamboat Ski Resort and Copper Mountain.

**Competition information:** Participation in a competitive event or one camp is recommended

**Licensing requirements:** A USASA license is required for USASA slopestyle and halfpipe competitions, an IFSA membership for all Big Mountain Events.
### Dates

<table>
<thead>
<tr>
<th>Fall Training</th>
<th>On-Snow</th>
<th>Program fee (+$450 work deposit)</th>
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</thead>
<tbody>
<tr>
<td>October 8 - March 13</td>
<td>Oct 8-Nov 19 T and Th TBD @ HH</td>
<td>$3,775</td>
</tr>
<tr>
<td></td>
<td>T, Th 1:00-3:30pm @ SB Sa 9:00am-1:00pm @ SB Tues at HH airbag as scheduled</td>
<td>Non-residents: $4,710</td>
</tr>
<tr>
<td></td>
<td>T, Th 1:00-3:30pm @ SB Sa 11:00-3:00pm @ SB</td>
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</tbody>
</table>

### Snowboarding

The SSWSC offers snowboard programming in alpine racing, snowboardcross, 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 the chosen path within the sport. Our coaches challenge, support, inspire and encourage our riders to bring out the best in themselves.

Snowboard halfpipe clinics will be available for all snowboard programs on Sundays once Mavericks Halfpipe is open.

**CONTACT:** Tori Billings, Snowboard Program Director, [tbillings@sswsc.org](mailto:tbillings@sswsc.org)

### Youth Development Programs

The program starts at age 4 with **Lil’ Rascals** teaching them to slide on snow. The **Boardriderz** program is 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 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.
Lil’ Rascals (ages 4-5)

NEW!!! A learn-to-snowboard program for the youngest rider to slide around on Howelsen Hill exposing them to snowboarding and snow play while providing a gentle and fun teaching approach in a group setting. Classes are held at the magic carpet and boardwalk areas. No experience necessary.

DATES AND TIMES:
February 4 – March 4
Thursdays 12:00pm-1:15pm

LOCATION: Howelsen Hill

PROGRAM FEE: $170

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 riding requirement:** Able to ride both edges comfortably on green terrain and working towards linking turns. Desire to have fun and learn new snowboard skills
- **Equipment requirements:** Participants need snowboard equipment, and a helmet
- **Season pass information:** Lift pass to Steamboat Ski Resort
- **There will be a pre-season equipment check in November**

DATES AND TIMES:
December 5 – March 6
Mondays 5:30-7:30pm and Saturdays 8:45am-2:00pm

LOCATION: Steamboat Ski Resort
PROGRAM FEE: $1,150 plus $150 work deposit

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### 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 riding requirement**: Ability to ride aggressively on black terrain and desire to improve
- **Equipment requirements**: Participants need snowboard equipment, and a helmet. An all terrain board is recommended.
- **Season pass information**: Passes to Steamboat Ski Resort and Howelsen Hill
- **This program is for riders through 8th grade**

### DRYLAND TRAINING:

Wednesdays and Thursdays starting October 21, 4:00-6:00pm at Howelsen Hill until ski areas open

### ON-SNOW TRAINING:

Wednesdays and Thursdays 4:00-6:00pm at Howelsen Hill

Saturdays 8:45am-2:00pm at Steamboat Ski Resort

Last day of training March 11

PROGRAM FEE: $2,250 plus $450 work deposit

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### 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. Riders will work with coaches on a clear path either in racing or freestyle. Specific discipline training will be provided. 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. Snowboard equipment will depend on specific discipline.

**Season pass information:** Purchase season passes at Steamboat Ski Resort and Howelsen Hill. (IKON pass recommended)

**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.

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<thead>
<tr>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee (+$450 work deposit)</th>
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<tr>
<td>September 29-April 3</td>
<td>T, W, Th 4:00-6:00pm @HH</td>
<td>T, W, Th 4:00-6:00pm @ HH</td>
<td>$3,575</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat 8:45am-2:00pm @ SB</td>
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</table>

**Senior Ability Snowboarding (ages high school and older)**

The Senior Ability program is intended for high school 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 halfpipe, slopestyle and snowboardcross. Senior riders are encouraged to participate in limited USASA regional series. Competition is not required. Dryland training is offered prior to getting on-snow. These sessions are optional, as we support participants competing in other sports during the fall. Participants must be on a partial skier schedule at SSHS.

**Minimum riding requirement:** Ability to ride aggressively on black terrain and desire to improve

*This program is for riders high school and older*

**Equipment requirements:** Participants need snowboard equipment, and a helmet. Snowboard equipment depends on discipline.
Season pass information: Passes to Steamboat Ski Resort and Howelsen Hill

Licensing requirements: A USASA license is required for USASA snowboardcross, slopestyle and halfpipe competition.

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<tr>
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<th>On-Snow</th>
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<tbody>
<tr>
<td>September 8 - March 20</td>
<td>T, W, Th 4:00-6:00pm @ HH</td>
<td>T, Th, F 1:00-3:30pm @ SB or HH</td>
<td>$4,000</td>
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<tr>
<td></td>
<td></td>
<td>T 5:00-6:00pm @ HH gym</td>
<td>Non-resident price:</td>
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<tr>
<td></td>
<td></td>
<td>Sa 8:45am-2:00pm @ SB</td>
<td>$5,000</td>
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</table>

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 and Halfpipe 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 strength and conditioning. Participants will be on a full skier schedule with “0” hour at SSHS.

Pro-Am Boardercross (PABX) Add-on: 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. Training will include SBX specific on-snow sessions and competition travel, with some Sunday training sessions. Riders must have SBX-specific equipment. Riders will compete in USASA and NorAm SBX events. U.S. Ski & Snowboard membership and FIS license required for Holeshot Tour and higher events.

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: Discipline specific snowboard equipment and a helmet

Season pass information: Purchase season passes at Steamboat Ski Resort and Howelsen Hill. (IKON pass recommended)
**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.

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<tr>
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<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee</th>
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<tbody>
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<td>September 8 – April 3</td>
<td>T, W, Th 4:00-6:00pm @ HH</td>
<td>T-F 1:00–3:30pm @ SB or HH T 5:00-6:00pm @ HH gym Sa 8:45am-2:00pm @ SB</td>
<td>$4,750 Non-resident price: $5,935</td>
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**Pro-Am Snowboardcross [PASBX] (ages high school and older)**

PASBX is designed for riders committed to snowboardcross 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 snowboardcross racing are addressed including elements of freestyle, gate training, physical conditioning, video review, mental preparation, technical ability, tactical development and equipment preparation.
**Pro-Am Race (PAR) Add-on:** Specific attention is given to each athlete in designing and implementing a realistic competitive schedule to maximize performance and results. All aspects of snowboard racing are addressed, including physical conditioning, technical and tactical development, equipment preparation/set up and mental training. Training will include giant slalom and slalom specific gate training. Program fees include coaching at pre-season camps at Copper Mountain. Riders must have Alpine specific equipment and will race in USASA, limited NorAm PGS and PSL events. U.S. Ski & Snowboard membership and FIS license required for NorAm events. Coaches will work with each individual athlete on a realistic training schedule with both SBX and Alpine.

**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 (IKON Pass recommended) and Howelsen Hill

**Competition information:** Compete in USASA Rocky Mountain Series, Revolution Tour, Holeshot Tour, and NorAm Cup races.

**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.

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<tr>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee (+$450 work deposit)</th>
</tr>
</thead>
</table>
| September 8 – April 3 | T,W,Th 4pm-6pm @HH | T-F 1:00-3:30pm @ SB or HH Sa 8:45am-2:00pm @ SB | $6,000 Non-resident price: $7,500  
With Pro-Am Race Add-on: $6,500  
Non-resident price: $8,125 |
Pro-Am Race [PAR] (ages high school and older)

This is an intensive snowboard race program. 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. Program fees include coaching at pre-season camps at Copper Mountain.

**Pro-Am Boardercross (PABX) Add-on:** 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. Training will include SBX specific on-snow sessions and competition travel, with some Thursday and Friday SBX training sessions. Riders must have SBX-specific equipment. Riders will compete in USASA and NorAm SBX events. U.S. Ski & Snowboard membership and FIS license required for Holeshot Tour and higher events.

**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 (IKON Pass recommended) and Howelsen Hill*

**Competition information:** *Compete in USASA and NorAm/RTTC events*

**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

<table>
<thead>
<tr>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 8–April 3</td>
<td>T,W,Th 4pm-6pm @ HH</td>
<td>M, T, W 1:00-4:00pm @ SB or HH T 5pm-6pm @HH gym Sa, Su 10:00am-1:00pm @ SB or HH</td>
<td>$7,100</td>
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<td></td>
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<td><em>Non-resident price: $8,875</em></td>
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<td><strong>With PABX add-on:</strong> $7,600</td>
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<td></td>
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<td><em>Non-resident price: $9,500</em></td>
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</table>
The SSWSC Ski Jumping and Nordic Combined programs are currently the largest of their kind in North America, with more than 150 athletes ages 4-20. Since 1932, the SSWSC has had a ski jumper or nordic combined athlete represented in every Winter Olympics with the exception of 1936, 40 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 that is included with the program fees for U14 & younger programs.

CONTACT:

Todd Wilson, Jumping/Nordic Combined Program Director, 970-846-3789, 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 five 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!

Little Vikings (ages 6-8)

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. Participants must be 6 years old by December 31, 2020.

- Minimum requirement: Beginner skiing skills, stopping, and turning. Experience riding the poma is helpful but not required
- Participants need cross country skis, boots and poles, alpine equipment (no poles), helmet and an all-access ski pass to Howelsen Hill
- Register by October 15 to ensure a place in this program

DATES AND TIMES:

Wednesdays and Fridays, December 9– March 5

Jumping Wednesdays 4:15-5:45pm, Cross Country Fridays 4:15-5:45pm

PROGRAM FEE: $695 plus $100 refundable work deposit
U8 Ski Meisters (ages 6-7)

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. Register by October 15 to ensure a place in this program.

DATES AND TIMES:
December 5 – March 6
Jumping Wednesdays 4:15-5:45pm
Cross country Fridays 4:15-5:45pm
Skiing Saturdays 9:00am-noon

LOCATION: Howelsen Hill Wednesdays and Fridays; Steamboat Ski Resort Saturdays

PROGRAM FEE: $1,195 plus $175 refundable work deposit

U8 and U8+ Ski and Jump (ages 6-7)

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 U8 Skiing above. Register by October 15 to ensure a place in this program.

DATES AND TIMES:
December 3 – March 6
Choose U8 Skiing or U8+ Skiing program days above

Jumping on Tuesdays 4:15-5:45pm

LOCATION:
U10 Jumping and Nordic Combined (ages 7-10)

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. A USANS athlete membership is required for the USANS Virtual Nationals and U.S. Cup events (additional registration required).
- Register by October 1 to ensure a place in this program.

DRYLAND: Thursdays and Fridays starting on October 8, 4:00-5:30pm at Howelsen Hill

ON-SNOW:

Thursdays, 4:00-6:00pm (Cross country)
Fridays, 4:00-6:00pm (Jumping)
Saturdays, 10:00am-1:30pm (Jumping followed by cross country)

All training is at Howelsen Hill. Last day of programming is March 6.

PROGRAM FEE:

Nordic Combined (all days): $1,475 plus $300 refundable work deposit

Jumping only (Friday & Saturday only on-snow): $1,075 plus $300 refundable work deposit

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**U10 Ski and Jump (ages 8-10)**

This crossover program offers a unique training opportunity available only in a place like Steamboat. Skiers in the U10 Skiing 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 they’re ready. Nordic equipment available to rent from the club for a nominal fee based on availability. Dryland training on Fridays 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. Register by October 1 to ensure a place in this program.

<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee (+ $400 work deposit)</th>
</tr>
</thead>
</table>
| U10 2-day + Jump| Oct 27 – Mar 13 | Tuesdays starting Oct 27 4:15-5:45pm @ HH
                  |             | Fridays starting Oct 23 4:00-5:30pm @ HH | T Ski 4:15-6:00pm @ HH
                  |             |                                    | F Jump 4:00-6:00pm @ HH
                  |             |                                    | Sa Ski 8:30am-2:30pm @ SB | $2,025 |
U10 3-day + Jump  
Oct 6 – Mar 20  
Tuesdays starting Oct 6 4:15-5:45pm @ HH  
Fridays starting Oct 23 4:00-5:30pm @ HH  
M Ski 5:30-7:30pm @ SB (starting 12/14)  
T Ski 4:15-6:00pm @ HH  
F Jump 4:00-6:00pm @ HH  
Sa Ski 8:30am-2:30pm @ SB  
$2,925

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<tr>
<th>Program</th>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
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<tr>
<td>U10 Ski Meisters (ages 8-10)</td>
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<tr>
<td>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 programs with a day of cross country and a day of jumping in the U10 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. Jumping and cross country end on March 6.</td>
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<tr>
<td>Minimum requirement: Successful completion of Little Vikings or strong intermediate skiing skills</td>
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</tbody>
</table>
| ● Equipment: XC skate skis, boots and poles; alpine skis, boots and poles  
● Ski passes: Howelsen Hill (both alpine and XC) and Steamboat Ski Resort  
● A U.S. Ski & Snowboard membership is required to compete in U.S. Ski & Snowboard sanctioned events  
● Register by October 1 to ensure a place in this program |

Program Dates Dryland On-Snow Program fee (+ $400 work deposit)
| **U10 2-day + Ski Meister** | Oct 27 – Mar 13 | Tuesdays starting Oct 27 4:15-5:45pm @ HH  
Fridays starting Oct 23 4:00-5:30pm @ HH | T Alpine ski 4:15-6pm @ HH  
Th XC ski 4:00-6pm @ HH  
F Jump 4:00-6pm @ HH  
Sa Alpine ski 8:30am-2:30pm @ SB | **$2,350** |
|--------------------------|-----------------|-------------------------------------|---------------------------------|-------------------|
| **U10 3-day + Ski Meister** | Oct 6 – Mar 20 | Tuesdays starting Oct 6 4:15-5:45pm @ HH  
Fridays starting Oct 23 4:00-5:30pm @ HH | M Alpine ski 5:30-7:30pm @ SB (starting 12/14)  
T Alpine ski 4:15-6pm @ HH  
Th XC ski 4:00-6pm @ HH  
F Jump 4:00-6pm @ HH  
Sa Alpine ski 8:30am-2:30pm @ SB | **$3,250** |

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**Jumping and Nordic Combined U12 (ages 10-12)**

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 the 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.
<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee</th>
</tr>
</thead>
</table>
| **Nordic Combined U12**         | Sept 22 to March 13  | T, W & F 4:00-6:00pm @ HH | **Jumping:** W & F 4-6pm @ HH  
 |                                 |                      |               | **Cross Country:** T 4-6pm @ HH              | $1,995      |
|                                 |                      |               | **Sa 12:00am-1:30pm @ HH**                  |             |
| **Jumping U12**                 | Sept 22 to March 13  | T, W & F 4:00-6:00pm @ HH | **Jumping:** W & F 4-6pm @ HH               | $1,550      |
|                                 |                      |               | **Sa 9:30-11:30am @ HH**                    |             |

**Jumping and Nordic Combined U14 (ages 12-14)**

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.
<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Fall Season</th>
<th>Winter Season</th>
<th>Program fee (+$450 work deposit)</th>
</tr>
</thead>
</table>
| **Nordic Combined U14**         | Sept 22 to March 13    | **Jumping:** T, W, F 4–6pm @ HH    | **Jumping:** W & F 4:00–6:00pm @ HH  
Sa 9:30–11:30am @ HH  
Cross Country: T (+strength) &  
Th 4:00–6:00pm @ HH  
Sa 12:00am–1:30pm @ HH | **$3,200** |
| **Jumping U14**                 | Sept 22 to March 13    | **Jumping:** T,W,F 4-6pm @ HH      | **Jumping:** W & F 4:00–6:00pm @ HH  
Sa 9:30–11:30am @ HH  
*Strength:* T 5:00-6:00pm @ HH | **$2,650** |

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**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. Nordic jumping equipment available for rent from the club at an additional cost.

**Season pass information**: Purchase a Howelsen Hill season pass is required and a Nordic Valley Pass is encouraged.

**Competition information**: Participants compete in regional and national competitions.

**Licensing requirements** A U.S. Ski & Snowboard membership is required to compete in U.S. Ski & Snowboard sanctioned events.
<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Fall Season</th>
<th>Winter Season</th>
<th>Program fee</th>
</tr>
</thead>
</table>
| Nordic Combined U16            | August 31 to March 20| **Strength:** F 6:45-7:45am  
Jumping: T,W,F  
4:00–6:00pm @ HH  
XC: M, Th  
4:00-6:00pm @ HH | **Strength:** F 6:45-7:45am  
Jumping: W & F  4:00–6:00pm @ HH  
Sa  9:30–11:30am @ HH  
Cross Country: T & Th  
4:00–6:00pm @ HH  
Sa  12:00am–1:30pm @ HH | $4,550  
Non-resident price: $5,690 |
| Jumping U16                    | September 1 to March 20 | **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 | $3,900  
Non-resident price: $4,875 |

**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.

**Season pass information:** Purchase a Howelsen Hill season pass is required and a Nordic Valley Pass is encouraged.
**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.

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<tr>
<th>Program</th>
<th>Dates</th>
<th>Dryland</th>
<th>On-Snow</th>
<th>Program fee</th>
</tr>
</thead>
</table>
| Nordic Combined U18 & U20 | Aug 31 - March 20 | **Strength:** T & F 6:45–7:45am
Jumping: T,W,F 4:00–6:00pm @ HH
XC: M, Th 4:00–6:00pm @ HH | **Strength:** T & F 6:45–7:45am @ HH
Jumping: W & F 4:00–6:00pm @ HH
Sa 9:30–11:30am @ HH
Cross Country: T & Th 4:00–6:00pm @ HH or TC
Sa 12:00am–1:30pm @ HH or TC | **$5,000**
Non-resident price: $6,250 |
| Jumping U18 & U20     | Sept 1 - March 20  | **Strength:** T & F 6:45–7:45am
Aerobic: M 4:00–6:00pm
Jumping: T, W & F 4:00–6:00pm @ HH | **Strength:** T & Th 6:45–7:45am @ HH
Aerobic: T & Th 4:00-6:00pm @ HH
Jumping: W & F 4:00–6:00pm @ HH
Sa 9:30am–12:00pm @ HH | **$4,150**
Non-resident price: $5,190 |
The SSWSC has offered telemark programs since 2001. 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 in modern telemarking

CONTACT:

Telemark Devo & Telemark Racing – Blair Seymour, Youth Development Director, 970.879.0695 x110, bseymour@sswsc.org

Telemark Devo & Telemark Race (ages 9 & up)

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: Strong alpine all-mountain skiing skills, previous telemark skiing not required

Equipment requirements: Telemark skiing equipment and a helmet

Season pass information: Purchase a Steamboat Ski Resort season pass or IKON Pass and Howelsen Hill season pass.

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

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<tr>
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<th>On-Snow</th>
<th>Program fee</th>
</tr>
</thead>
</table>

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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 Carl’s Cup Town Challenge Races 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 4 – March 6
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:
$695 for full season, including bonus sessions
$180 for 6-pack (choose any 6 sessions)
$35 for single session

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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. Gelande 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 6 – March 3, 6:00-8:00pm at Howelsen Hill, meet in Fireplace Room by 6:00

*Weather dependent, if snowing or recent new snow, check with Pat beforehand

COST:

$20 per night plus lift ticket

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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.

**2% DISCOUNT FOR CASH, CHECK or eCHECK PAYMENT IN FULL AT REGISTRATION!**

Payment contracts are available. Please ask the SSWSC office for details. Payment plans based on the balance after the EZ Scholarship is applied, select option when registering. **If final payment is not postmarked or submitted to the SSWSC office by Monday, January 4, 2021, 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.

**EZ Scholarship:** Resident participants whose family adjusted gross income (AGI) on their 2019 Federal Income Tax return is under $150,000 are eligible for an immediate program fee scholarship. Scholarship levels are as follow: $50,000 AGI or less – 30% scholarship; $50,000-$75,000 AGI – 25% scholarship; $75,000-$100,000 AGI – 15% scholarship; $100,000-$150,000 AGI – 10% scholarship. Simply choose the box during registration corresponding to the family AGI. SSWSC may request documentation confirming the family’s AGI level. The EZ Scholarship is not available to non-residents.

**Additional scholarship opportunities:** 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. **This includes families who are already receiving an EZ Scholarship.** We recognize there are factors such as number of kids in the program, level of program and other financial hardship that would qualify a family for scholarship support. 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.

**Steamboat Ski Resort season pass vouchers:** All SSWSC athletes are eligible for vouchers for Steamboat Ski Resort season passes. Vouchers for season passes will be issued only to an athlete whose SSWSC account is current. Vouchers are not valid for IKON Pass products and Steamboat Ski Resort season passes cannot be upgraded to IKON passes at a later date.

**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. Adding a secondary program is a great way for younger athletes to sample different programs, or to supplement their skills for their primary program. 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 specific program listing in the guide 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.

**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.

## 2020/2021 SSWSC Events

**MOOSE’S LOOSE SCRAMBLE GOLF TOURNAMENT:** Tuesday and Wednesday, September 22-23, 2020

**SKI & SPORT SWAP:** TBD

**“ALL IN” DINNER & AUCTION:** Friday, December 4, 2020

**108th WINTER CARNIVAL:** Wednesday, February 3-Sunday, February 7, 2021*

*All 2020/2021 program fees include a Winter Carnival button for the participant.

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**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](http://www.sswsc.org)
# 2020-2021 PROGRAM TABLE

2% DISCOUNT FOR CASH OR CHECK PAYMENT IN FULL AT REGISTRATION!

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGES</th>
<th>DRYLAND DAYS*</th>
<th>ON- SNOW DAYS*</th>
<th>START DATE</th>
<th>END DATE</th>
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**CROSS COUNTRY**

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<th>END DATE</th>
<th>PROGRAM FEE</th>
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**FREESTYLE**

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**PROGRAM**

**FREESKIING**

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<td>Non-resident</td>
<td>15+</td>
<td>50</td>
<td>110</td>
<td>Sep 8</td>
<td>Apr 3</td>
<td>$8,875</td>
<td>$450</td>
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<tr>
<td>Pro-Am Race (With PABX add-on)</td>
<td>15+</td>
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<td>105</td>
<td>Sep 8</td>
<td>Apr 3</td>
<td>$7,600</td>
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<tr>
<td>Non-resident</td>
<td>15+</td>
<td>50</td>
<td>105</td>
<td>Sep 8</td>
<td>Apr 3</td>
<td>$9,500</td>
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<tr>
<td>Pro-Am Snowboardcross (PASBX)</td>
<td>15+</td>
<td>35</td>
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<td>Sep 8</td>
<td>Apr 3</td>
<td>$6,000</td>
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<tr>
<td>Non-resident</td>
<td>15+</td>
<td>35</td>
<td>110</td>
<td>Sep 8</td>
<td>Apr 3</td>
<td>$7,500</td>
<td>$450</td>
</tr>
</tbody>
</table>

<p>| Jumping/Nordic Combined                      |      |               |               |            |          |             |              |
| Ski Jumping U12                              | 10-12| 30            | 45            | Sep 22     | Mar 13   | $1,550      | $450         |
| Nordic Combined U12                          | 10-12| 30            | 60            | Sep 22     | Mar 13   | $1,995      | $450         |
| Ski Jumping U14                              | 12-14| 45            | 55            | Sep 22     | Mar 13   | $2,650      | $450         |
| Nordic Combined U14                          | 12-14| 40            | 80            | Sep 22     | Mar 13   | $3,200      | $450         |
| Ski Jumping U16                              | 14-16| 95            | 70            | Sept 1     | Mar 20   | $3,900      | $600         |
| Non-resident                                 | 14-16| 95            | 70            | Sept 1     | Mar 20   | $4,875      | $600         |
| Nordic Combined U16                          | 14-16| 55            | 110           | Aug 31     | Mar 20   | $4,550      | $600         |
| Non-resident                                 | 14-16| 55            | 110           | Aug 31     | Mar 20   | $5,690      | $600         |</p>
<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Min</th>
<th>Max</th>
<th>Start</th>
<th>End</th>
<th>Resident Rate</th>
<th>Non-Resident Rate</th>
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<tr>
<td><strong>Ski Jumping U18/U20</strong></td>
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<td>70</td>
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<td>Mar 20</td>
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<td>Mar 20</td>
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<tr>
<td><em>Non-resident</em></td>
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<td>30</td>
<td>Nov 5</td>
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<td>Oct 13</td>
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<td>Mar 6</td>
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<td>Mar 3</td>
<td>$20/night</td>
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</tbody>
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*Estimated number of coached sessions – actual may vary based on weather, resort closures, Covid-19 restrictions, snow conditions and competition plans.