



SADDLEBACK ALPINE TRAINING CENTER

Frequently Asked Questions

Who is the program for?

Our program is designed for children ages 7 to 18 that would like learn about skiing and ski racing.

What is the recommended ability level?

Participants should be able to ride all Saddleback chair lifts without a coach and be able to ski all of Saddleback's intermediate terrain.

How are the athletes grouped?

Initially the athletes are grouped by USSA age group specifications: J5, age 7-10; J4, age 11-12; J3, age 13-14; J1/2, age 15-19. Within groups athletes may be grouped by current skill level or specific training focus for the day.

How many athletes per group?

It is our intention to maintain a group size maximum of 10 athletes per coach.

How much does the program cost?

The fee for the program is \$750.00 plus a pass for approximately 44 days depending on weather.

When does the program start and finish?

The program starts on December 5, 2009 and finishes on March 28, 2010.

When does the program meet?

The program meets Saturdays and Sundays from 9:00 to 11:00 and 12:00 to 2:00.
Christmas Vacation Week — December 26 to 31 - January 2 & 3.

What happens on days the mountain is closed or the weather is otherwise unsafe to run the program?

On days that the weather is too severe to safely ski the program will be cancelled for the day. No make-up days will be scheduled.

Will SATC provide coaches for off mountain competitions?

We will provide a competition schedule for the events where we will be providing coaching. We will not provide coaching at all Maine Alpine Racing Association events. We wish to select the events that best fit the ability level and motivation of our athletes.

Will there be on mountain competition opportunities?

Yes. We are planning to hold on mountain events for our athletes regularly throughout the season. Dates and times have not been determined.

What organizations do we need to join?

In order to compete in the US and Maine all athletes must be members of the United States Ski and Snowboard Association (USSA) as well as the Maine Alpine Racing Association (MARA).

Links: www.ussa.org, www.skimara.org

We also wish to encourage all SATC members to join the Saddleback Ski Club.

Will the athletes train gates every day of the program?

Early in the season much more time will spent on directed free skiing with coaches than training gates. As the season progresses more time will be spent with specific gate training drills and full length courses as deemed appropriate by the coaching staff for each level. Strong fundamental technical skiing skills and love of skiing are always the essential elements in long term ski competition success.

Do you need volunteers for competitions?

YES YES YES YES. Holding ski competitions is very labor intensive. We will be asking ski club members and parents to assist us with several events this winter. We will need a Head Gate Judge and gate judges for every event, starters, time and calculation people, hand timers and course maintenance people. We will also need folks for race registration on race days.

What do we get for volunteering?

If you are a season ticket holder you will get a voucher for one day each day that you volunteer. If you do not have a season pass you will get a day ticket for the day that you volunteer and a ticket voucher for another day.