

## **J4 Program** **Ages 11-12**

### **Philosophy:**

The J4 Program philosophy is to have fun while learning the fundamentals of skiing. Gates are almost secondary. Great skiers breed good ski racers. With this in mind, this program will emphasize strong technical skills outside the gates that will help an athlete to excel when running gates. The J4 program is an ongoing process of skill development while taking advantage of all the joys the sport has to offer.

### **Competitions:**

Races held are SG, GS, SL, and DSL run by the Northern Vermont Council (NVC). There will be a **\$15** entry fee for all council races. Races are held with all of other clubs in Northern Vermont. There are usually five NVC races with the possibility of five more championship races. State Championships include racers from Northern, Mid- and Southern Vermont. Some events require qualification.

### **J4 State Shoot Out**

**Burke - March 6, 2011**

**Total Field Size: 150**

The J4 State Shootout is a one-day event designed to give 50 J4's from each council a second opportunity to qualify for the J4 State Championships.

1. **Format:** The Shootout will consist of a 2 run GS race. The course will be set by the host ski area.
  2. **Qualification:** 50 racers from each council that have not already made the states will be selected by council to compete at the J4 Shootout. Each Council must send roster in ranking order, along with a list of coaches 1 week prior to the event.
  3. **Entry fee:** \$25
  4. **Seeding:** The field will be seeded in order of ranking from each Council. Race organizers will execute the draw to determine the Council order. The running order will remain the same for each run.
  5. **Scoring:** The top 23 boys and 22 girls will qualify to participate in the J4 State Championships. Selection will be based on the best single place point. Ties will be broken by next best run. Time differential will be used in case of 3 way tie, if still a tie then all the tied competitors will be selected.
  6. **Substitutions:**
    - If an athlete qualifies for the J4 States from Council quota selection and cannot go to States the Council will fill the spot with the next Council racer in line for the States. If the Shootout has already taken place and the next Council person has already made States via the Shootout the Council will go down their list.
    - If an athlete qualifies for the J4 States via the J4 Shootout and cannot participate at the J3 States then that spot will be filled by the next in line of the same gender from the Shootout regardless of council.
- **Awards:** Team Qualification announcement.

## **J4 Vermont State Championships**

1. J4's and J5's are allowed to compete in State Championships as governed by their council. Competitors **MUST** be VARA and USSA members. Attending coaches **MUST** be VARA members. The J4 council races and State Championships must be a USSA Sanctioned event.
2. The States will be run over 3 days. There will be 2 traditional runs of GS and SL and a SG.
3. Entry fees for J4 States will have a ceiling of \$120 which includes the Banquet/Awards Event for participants.
4. J4's that have raced "up" during the regular season with the J3's , may still compete in the J4 States provided they have qualified for the J4 States through council races and have not qualified for the J3 Olympics.

Participation: 150 racers will qualify for the J4 State Championships from the council race series. The total quota (150) will be allocated to each council based on their percentage of the entire starting Vermont J4 field.

## **Future Stars Camp**

The athlete will qualify for this event from the state championships, or will be an automatic from the NVC. There are 5 automatics that will be chosen from the NVC. Usually there are 3 boys, and 2 girls, since there are usually more boys than girls who start in the NVC council races.

## **George Tormey Cup**

Open to all NVC J3's and J4's who did not qualify for their respective State championships. This is now a series with a Dual SL and a GS at Smugglers, please refer to the schedule for dates. Cost **\$15/** race day for GS and DSL.

## **Sugar SL**

This is a great two day event at the end of the season held at Stowe. The first day is a DSL which qualifies you of the SL on day two. This race is optional for those who want to participate.

## **Method:**

Using a variety of drills in free skiing and gate training, coaches will work technically and tactically to help the athlete improve. The basics of skiing will be emphasized throughout the season, and they will not train gates until their coach feels that they are ready. Once in gates, the emphasis will be on minimizing unnecessary movements and wasted energy to maximize speed and deliver results to reach individual goals.

## **Equipment:**

It is recommended that J4's should have SL and GS skis as well as a pair of fun skis. Helmets are mandatory, shin-guards, pole-guards are recommended. A padded race top (stealth) is recommended for this age group. J4's **can** race on any pair of skis they want to, and not limited to one pair. GS skis can be used for SG. Talk to the coach before making any decisions on equipment.

## **Tuning:**

This is an essential part of ski racing at this level and beyond. One of the biggest battles at this level is for the athletes to trust their equipment, and they can not if their skis are not tuned. We recommend that the skis are tuned (or at least waxed) before each time that they ski. It would be great for the athletes to have

sharp edges so that they can progress with good technique on the steeper and harder terrain. The athletes at this level should start to learn how to take care of and tune their own equipment.

## **Clothing:**

**Racing-** It is recommended that the athletes should have a GS suit for all competitions. It is important to dress properly on race day to keep warm and dry, in case of bad weather or long course holds due to injury, course repair, or weather conditions (visibility). They should also have an extra set of lighter clothes (fleece and training shorts) for race day in case that they need to go back to the start for any reason before the clothes are brought down or if there is not enough time in between runs for the coach to come down. The coaches should have a clothes bag with them to transport the clothes from the start to the score board or designated location. It is important on race day to wear clothing that is easy to take off, so we recommend NO SWEATSHIRTS, or a pullover that you can take off over your helmet.

**Training-** Dressing appropriately is the most important thing for any training day, may it be SL or GS. We recommend that the athletes wear a GS suit to training, so that they can get a more realistic feel for the speed at which they will be racing. The GS suit will also supply an extra layer of clothing on the really cold days. It is also easier for the coaches to evaluate the athletes' legs during the training sessions.

**Labeling-** We ask that **every** piece of clothing be labeled with the athletes' name and JPSC. It will be easier to identify and find clothes if we work with another program (which we often do) on race day.

## **Objectives:**

- To have fun while developing strong fundamental skiing skills
- To learn basic gate training techniques
- To become familiar with race day strategies
- To begin to appreciate the value of physical training
- To create and achieve predetermined goals and objectives
- To start to get comfortable racing at higher speeds

## **JPSC J4 Competencies:**

1. Demonstrate the ability to ski a variety of runs showing versatility and adaptability
2. Maintain appropriate balance and stance in terrain changes
3. Exhibit the ability to ski with level shoulders and good angulations.
4. Effectively use flexion and extension of the lower body to maintain ski/snow contact in varying terrain
5. Use consistent pole plant.
6. Execute linked, parallel turns with a majority of the weight on the outside ski.
7. Demonstrate the ability to make carved, medium radius turns on consistent and easy terrain while maintaining good body position and balance.
8. Seek out and ski a variety of terrain and challenging snow conditions.
9. Maintain speed by completing turns across the fall line.
10. Demonstrate an understanding of GS tactics in rhythmical courses.
11. Demonstrate good SL technique in rhythmical courses.
12. Ski with parallel knees, feet, and skis.
13. Understand how the ski design affects technique.
14. Understand how to properly run and execute SL combinations.
15. Understand and demonstrate the difference between athletic stance and parallel position.

## **USSA and VARA:**

All athletes must have valid USSA and VARA memberships, **before the first weekend in December!**