

J5-J6 Program **Ages 7-10**

Philosophy:

The J5-J6 program will improve on basic skiing and introduce ski racing skills. Free skiing is the most important part of this program. The teaching focuses on balance, edging, parallel skis, and proper body position. The emphasis is on fun.

Competition:

Races held are Dual SL, SSL, SL, GS, and are run by all of the mountains in the Northern Vermont Council (NVC). **GS SUITS ARE NOT ALLOWED AT THE J5/6 LEVEL.** Additionally, athletes must race in either a coat on top, or warm-up pants on the bottom. **HELMETS:** The NVC complies with all rules and regulations of the United States Ski Association (USSA) and recommends the use of helmets at all times. The USSA requires helmets to be worn by all racers at USSA-sanctioned slalom and giant slalom races, and requires full ear protection (no open-ear-helmets).

J5 SL Race- Vertical combinations (hairpins and flushes) will be allowed at TMD J5/6 races only. **This season the NVC J5 SL will use stubbies as gates.**

Method:

Using the mountain's terrain and the conditions put forth by nature, these athletes will become comfortable skiing anywhere, any time, so that the end result is to have fun skiing no matter what! They will ski a variety of conditions and terrain. Learning will be simple and fun.

Equipment:

It is recommended by the head coaches of NVC that J5/6 athletes use one pair of skis for competition. Helmets are mandatory! **GS SUITS ARE NOT ALLOWED AT THE J5/J6 LEVEL.**

Tuning:

We ask that the skis are tuned before the races or at least once per week.

Clothing:

Racing- Athletes can not have GS suits or anything that represents a GS suit at this level. 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) 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. It is important to wear enough clothes to keep warm but the athlete must still be able to move freely when skiing the course. During cold days there will be ample breaks for the athletes to stay warm and safe. The athlete should be dressed warmly enough so that they can stay out for more than one run at a time.

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. It will also make it easier to find clothes around our club house and less clothing will get lost or confused.

Objectives:

- To have fun while trying new things on skis
- To be comfortable on different skiing surfaces
- To develop a love for skiing and ski racing

JPSC J5-J6 Competencies:

1. Demonstrate basic athletic stance on skis.
2. Demonstrate and understanding of the parallel position.
3. Exhibit natural body mechanics on skis.
4. Demonstrate linked parallel turns of the same shape and speed.
5. Execute long radius carved turns on consistent, easy slopes.
6. Be eager to explore all different types of terrain and snow conditions.
7. Ski multi-discipline and terrain courses.
8. Participate in basic even rhythm, giant slalom, and some basic slalom race techniques.

Friday Training:

There will be Friday training available to **J5's only**. Friday training will begin the Friday after the Christmas Break Camp ends.

Spring Break:

During spring break there will be a course set up on Haynes or a different part of the mountain. There will be a coach at the top or bottom of the course and the athletes will circle around on the lift and ski the course. If your athlete is not capable of this independence please do not send your athlete to the ski club for that week. This is directed towards the younger J6 group, who may be able to ski the terrain but may not be able to handle the independence of the activity

USSA and VARA:

All athletes who are going to compete in races must have valid USSA and VARA memberships, **one month before their first race!** All other athletes who may not compete in races should have a VARA membership.