

Appalachian Ski Mtn. Jr. Race Training

2019-2020

Special training designed for Intermediate or Advanced skiers, ages 4-18, who want fun-oriented race training. Sign up for one, two or all three programs. Practice running gates and participate in the High Country Jr. Alpine Race Series. Visit the Race Team website at: appskimtnteam.org

Get Ready to Race - *Go Fast* December 7, 2019 Cost: \$50*

9:20 am: Meet at
“*Ski School Meets Here*” sign
9:30 – 11:30 Race Training
11:30 – 12:30 Parent Team Meeting
*Special Grouping for new racers –
Specially designed to give new people an
opportunity to give racing a try

Get Ready to Race – *Go Fast* December 15, 2019 Cost: \$50*

12:50 pm: Meet at
“*Ski School Meets Here*” sign
1:00 – 3:00 pm: Race Training
3:00 – 4:00 pm: Parent Team Meeting
*Special Grouping for new racers – Specially
designed to give new people an opportunity
to give racing a try.

Friday Nights

7 Sessions: January 3, 10, 24, 31 & February 7, 21, 28. Cost: \$155*

6:05 pm: Meet at “*Ski School Meets Here*” sign
6:15– 7:45 pm: Race Training
(Includes Tuesday & Thursday Gate Training)
5:30 - 7:00 pm

Saturday Mornings

7 Sessions: January 4, 11, 25 & February 1, 8, 22, 29. Cost: \$155*

9:05 am: Meet at “*Ski School Meets Here*” sign
9:15 – 10:45 am: Race Training
(Includes Tuesday & Thursday Gate Training)
5:30 - 7:00 pm

Discounts: Purchase Friday nights and Saturday mornings for \$285*

* Cost does not include slope ticket or equipment rental.

* Check appskimtnteam.org for gate training schedule*

Register and pay fees at the French-Swiss Ski College office

At Appalachian Ski Mtn. **at least one week before** your session starts.

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