

ALL PROGRAMS

For more information about the Los Alamos Ski Racing Club visit our website:

<http://www.losalamoskiteam.com>

USSA membership is required:

Non competitive membership (\$20)

Alpine Youth, under 14 (\$80)

Alpine Competitor, over 13 (\$150)

To register, visit: www.ussa.org



Los Alamos Ski Racing Club

2018 - 2019 Season



Training and Registration
Begins January 5, 2019

Join the Fun!

SOMETHING FOR ALL ABILITIES

The Los Alamos Ski Racing Club is designed for the younger skier or snowboarder (7yrs-18yrs.). Training is conducted by licensed and trained coaches.

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The 10 Day Program is committed to improving the athletes's skiing while having fun. At the same time, athletes are exposed to competitive Alpine Ski Racing.

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The 20 Day Program is dedicated to developing competitive Alpine Ski Racers. Expert coaching and training allow these athletes to compete successfully in the Rocky Mountain Ski Association Races.

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Use of LASRC Ski jacket included as part of dues

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All LASRC members must also be United States Ski Association (USSA) members.

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Helmets are required for practices. Hard shelled helmets (no soft ear flaps) are required for all races.

2018-2019 Alpine/Mogul Programs



10 DAY PROGRAM

The 10 Day Program, for young and beginning athletes, consists of 10 days of coaching and training. The only qualifications are that the athlete be 7-18 years old, able to ride the lifts alone and able to ski the whole mountain (excluding the mogul runs). Those in the 10 day program train either Saturday or Sunday 9am to 3pm. Athletes can participate in "Fun Races" held at local ski areas. Training begins after Christmas.

Our goals are to improve the skiing ability of these young athletes, to expose them to ski racing, and to make sure they have fun. This program allows the athlete to define their own level of competitiveness. Fun Race awards are presented for finishers from 1st through 10th place.

10 Day Program Dues:

- \$350 for 1st child*
- \$175 for each additional child in the same family
- \$50 work credit per family with parents that completed volunteer obligations **the prior season**

20 DAY PROGRAM

The 20 Day Program is an intensive training and racing program that prepares racers for competition in the Rocky Mountain Division of the United States Ski Association. The training schedule begins after Thanksgiving and continues until winter's end. Some athletes compete in Junior Olympic races as a finale to the ski racing season.

Requirements for the 20-day Program are that the athlete be able to ski the entire mountain and that they have the desire to compete at a high level. Races are held in all age groups at ski areas in New Mexico, Colorado, and Arizona. Many racers have gone on to compete in college programs.

20 Day Program Dues:

- \$550 for 1st child*
- \$175 for each additional child in the same family
- \$50 work credit per family with parents that completed volunteer obligations **the prior season**