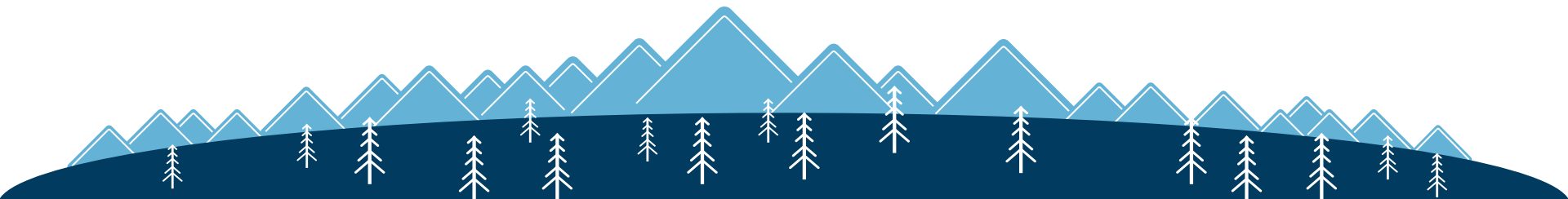




# FORD SAYRE

## U12/U14 Parents Meeting

2023 - 2024 Season



# Coaches U12/U14 Program



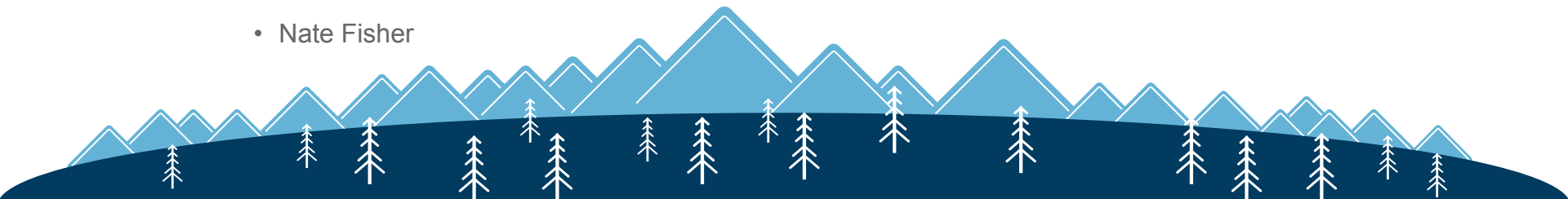
**Head Coach:** Matt Purcell

## Current Coaches Roster

- Alex Purcell
- Josh Chu
- Cameron Calcano
- Gary Kersbergen
- Nicholas Lipinski
- Chris Clapp
- Mark Schiffman
- Gerd Riess
- Edie Morgan
- Nate Fisher

## Holiday Camp/Fill-in Coaches Roster

- Lucy Doyle
- Eva Schiffman
- Courtland Doyle
- Ethan Ross
- Jack Ross
- Special appearance based on race schedule:  
George Steffey



# Ford Sayre Alpine Mission Statement



*The Ford Sayre Junior Alpine Program strives to provide athletes with the best training and racing experience to reach their maximum desired potential. Instruction is age-appropriate with a primary focus on mastery of fundamental skiing skills followed by the development of racing tactics and technique. We strive to meet athletes where they are on a mental and physical level and provide a positive environment for personal growth. We take advantage of our unique training venues in the Upper Valley, while introducing kids to surrounding mountains and terrain to foster passion and appreciation for the sport of alpine skiing.*



# Training Calendar: [fordsayre.com/calendar](https://fordsayre.com/calendar)



- **Dryland (Nov-Dec):** Team building and fundamental skills
  - **Tuesday & Thursday (U14s only):** 3:30pm - 5:00pm @Garipay Fields in Hanover
  - **Wednesdays (U12s & U14s):** 3:30pm - 5:00pm @Garipay Fields in Hanover
  - **Sundays (U12s & U14s):**
    - 11/5 1:00 - 3:00pm Richmond Middle School – Oak Hill Run
    - 11/12 9:00am – NHARA U12/U14 Skillsquest – Cardigan Mountain School
    - 11/12 1:00 - 2:30pm Dartmouth Skiway – Dryland Club Cup
- **On-Snow Training (Dec-Mar):** Focus on Fundamentals, Tactics and core skills. (45% Directed Freeskiing, 20% Drills, 25% Gate Training, 10% Competition)
  - **Tuesday, Wednesdays, Thursday:** 3:15pm - 5:15pm/5:30pm @Whaleback
  - **Saturday & Sundays:** 9:00am - 1:00pm @Skiway



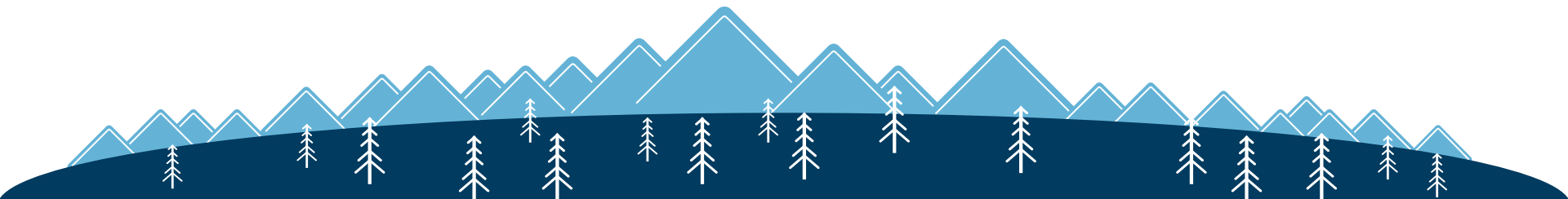
# Race Calendar: [nhalpine.org/childrens](http://nhalpine.org/childrens)



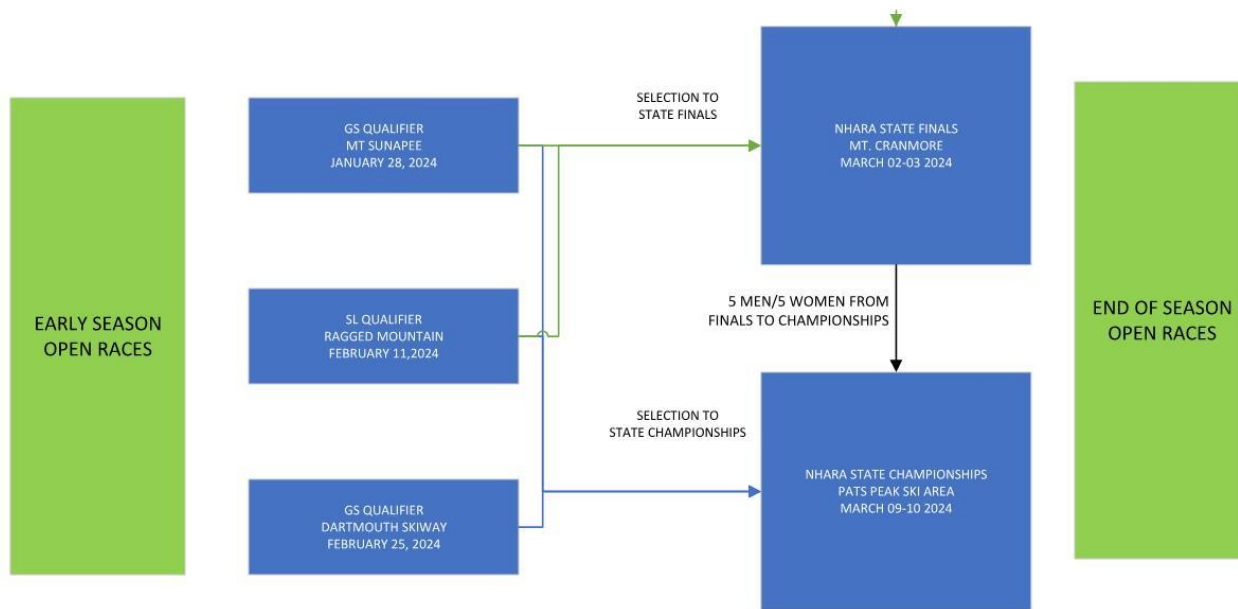
- **Open Races:** These races are open to all athletes. Ford Sayre will send coaches to specific open races throughout the season.
- **Qualifying Races:** The Western Division series consists of a SL, and two (2) GS races. Each of these races consists of 2 runs. Qualifying consists of athletes using the best 2 results from the 6 runs. This will determine who goes to Finals vs Championships.
- **Finals & Championships:** The top athletes from our division will be invited to Championships where they compete against other New Hampshire athletes. The balance of athletes are invited to Finals where they have a second opportunity to move on to Championships.
- **Piche's & Easterns:** A select few from Championships will qualify for Piche's (U12/14s) and Easterns (U14 only) where they will race against the top athletes from the eastern United States.

**Signing Up for Races:** All race sign ups, including the Qualifying Races, are completed online. All sign ups are available through the NHARA website: [U10, U12 and U14 Schedule and Results \(nhalpine.org\)](http://nhalpine.org). Most websites open for signup in early December.

- Coaches will pick up and distribute the race bibs on the day of the event.



# NHARA U12 Race Process



Based on the percentage of athletes within the Western Division, NHARA will establish a quota and post it by February 1. The Championship Event has participant cap of 180 athletes, from the qualifiers.

Points are based on resulting finish position. For example finishing 3<sup>rd</sup> the athlete receives 3 points. Athlete finishing 10<sup>th</sup> receives 10 points. Best 2 of 6 runs are counted. If there is a tie for the final quota position, both ties are selected to the Championships

Parents are to signup online for all events

# Macro Athlete Development Schedule



11/1/2023 - 3/31/2024  
TEAM BUILDING AND CHARACTER DEVELOPMENT

OFF SNOW  
PHYSIOLOGY

TEAM BUILDING  
FOCUS

FUNDAMENTALS FOCUS



PACE DEVELOPMENT

OPEN FUN RACES

# Race Calendar: [nhalpine.org/childrens](http://nhalpine.org/childrens)



Date	Event	DS	Location	Age	G	Type
<b>December/January</b>						
12/31/23	Krantz Memorial (optional)	SL	Pats Peak	U10-U14	F/M	Open
1/20/24	Bob Skinner Cup	GS	Sunapee	U12-U14	F/M	Open
1/25/24	Proctor Night Race	GS	Proctor	U12-U14	F/M	Open
1/28/24	Western Division U12-U14 Qualifier	GS	Sunapee	U12-U14	F/M	Divisional
<b>February</b>						
2/08/24	SG Camp – Women	SG	Mittersill	U14	F	Invitational
2/09/24	SG Camp – Men	SG	Mittersill	U14	M	Invitational
2/11/24	Western Division U12-U14 Qualifier	SL	Ragged	U12-U14	F/M	Divisional
2/15/24	SG Championships – Women	SG	Mittersill	U14	F	Open
2/16/24	SG Championships - Men	SG	Mittersill	U14	M	Open
2/25/24	Western Division U12-U14 Qualifier	GS	Dartmouth	U12-U14	F/M	Divisional
<b>March</b>						
3/2 - 3/3	NHARA U12-U14 Finals	GS/SL	Cranmore	U12-U14	F/M	Finals
3/9 - 3/10	NHARA U12 Championships	GS/SL	Pats Peak	U12	F/M	Champs
3/9 - 3/10	NHARA U14 Championships	GS/SL	Gunstock/Proctor	U14	F/M	Champs
3/17/24	Pendoly	SL	Mittersill	U10-U14	F/M	Open
3/17 - 3/18	Francis Piche Invitational	GS/SL/PNL	Gunstock	U12-U14	F/M	Invitational
3/24/24	TShirt	PNL	Sunapee	U10-U14	F/M	Open
3/30-3/31	Sugar SL	SL/PNL	Stowe	U10-USST	F/M	Open
3/16 - 3/19	U14 Eastern Champs		Sugarbush	U14	F/M	Invitational

\*Calendar will change, watch email/google calendar

\* Will add more races to end of season

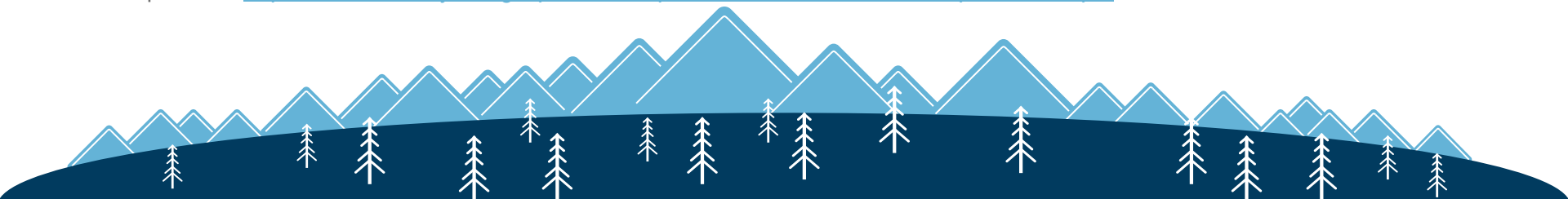


# Upcoming Events Calendar



- **Nov 1st:** First U14 Dryland of season @Garipay
- **Nov 5th:** First U12 Dryland of the season! @RMS
- **Nov 5th:** Ford Sayre Ski Sale @Richmond Middle School
- **Nov 7th:** Colorado Camp Discussion (for U12/U14 Parents & Athletes) 7:00 PM
- **Nov 11th:** NHARA U12/U14 Fitness Assessment (signup details forthcoming)
- **Nov 11th:** Dryland 🏆 Club Cup 🏆 Olympics @Skiway
- **Nov 17th – 24th:** Colorado Camp\* (optional)
- **Dec 22nd – Dec 31st:** Holiday Training Camp @Skiway

\*CO Camp Details: <https://www.fordsayre.org/wp-content/uploads/2023/11/Colorado-Trip-Details-4.pdf>



# Communication




**Calendar\*:** Updated regularly



**Emails:** Every Monday and for updates



**WhatsApp Messenger:** Instant communication

 <b>FORD SAYRE</b>	
Week of 00/00	
General updates and contest for the rest of the week. Keepin it short and positive	
<hr/>	
<b>Tuesday</b>	
Time: 3:15pm-5:00pm Meeting Location: Whaleback	Training: GS
<b>Wednesday</b>	
Time: 3:15pm-5:00pm Meeting Location: Whaleback	Training: GS
<b>Thursday</b>	
Time: 3:15pm-5:00pm Meeting Location: Whaleback	Training: GS
<b>Saturday</b>	
Time: 9:00am - 1:00pm Meeting Location: Skiway	Training: GS
<b>Sunday</b>	
	Training: GS



U12 Parents 2023/24

WhatsApp group



U12 LINK

Scan or upload this QR code using the WhatsApp camera to join this group



U14 Parents 2023/24

WhatsApp group



U14 LINK

Scan or upload this QR code using the WhatsApp camera to join this group



teamsnap

During the 2023-2024 season, we hope to leverage the TeamSnap app to efficiently communicate with parents and athletes, but do not have a firm plan in place... yet. Stay tuned.

[\\*https://www.fordsayre.org/alpine/junior-racing/calendars-communication/](https://www.fordsayre.org/alpine/junior-racing/calendars-communication/)

# Shared Expectations



Shared expectations and open communication are critical to supporting a strong and positive Ford Sayre community.

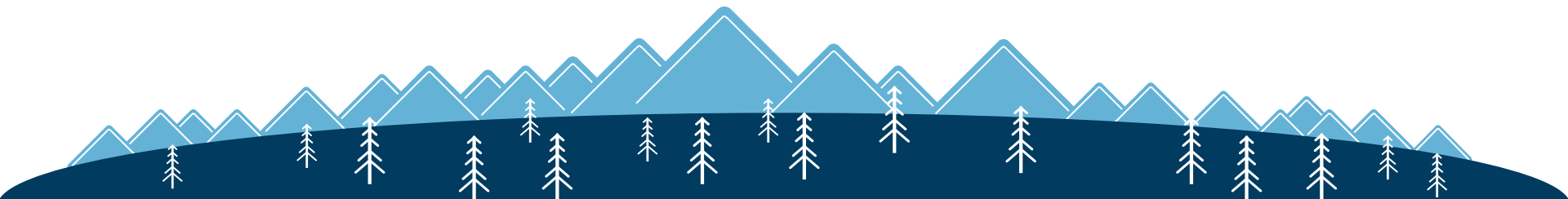
Coach  
Code of Conduct

Athlete  
Code of Conduct

Parent  
Expectations

Please talk with your athletes about the code of conduct.

<https://www.fordsayre.org/alpine/junior-racing/program-documents/>



# General Info: [fordsayre.org/alpine/junior-racing](https://fordsayre.org/alpine/junior-racing)



## Equipment & Gear

- [Equipment Details](#)
- Extra Layers, Pocket Snacks

## Passes

- [Dartmouth Skiway Pass](#): Season Pass
- [Whaleback Pass](#): Ford Sayre Training Pass
- *Optional:* [Burke Mountain/5th Grade Passport](#) - We may ski at Burke for some of our Big Mountain Days, depending on snow. We will do our best to find reasonably priced alternatives for early season snow and terrain.

## Athlete Memberships

- [US Ski & Snowboard](#): COMPETITOR
- [New Hampshire Alpine Racing Association \(NHARA\)](#)

## Colorado

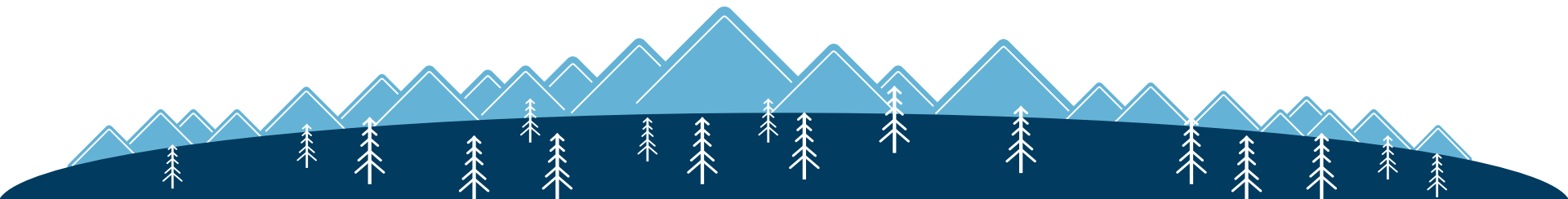
- [Colorado 2023 Trip Details](#): We'll hold a meeting on November 7th to review the trip details (invitation to come).



# Feedback & Video



- **Sprongo Video:** Used for movement analysis, visual learning, disqualification evidence
  - 1 family member per athlete will receive a Sprongo log-in.
  - We typically upload video within 48 hours of filming.
- **Athlete Feedback:** Your athletes receive continuous feedback throughout the season.
  - **Kinesthetic:** As athletes spend time on snow, doing drills and courses, they are provided with constant and valuable feedback that can only be learned by doing.
  - **Visual:** Athletes continue to grow by following peers, watching the pros and seeing movement in action.
  - **Auditory/Verbal:** Athletes will be given areas of focus throughout the season and we will continue to iterate on those areas with feedback through drills, courses, videos and more.



# World Cup Skiing

## FIS WC Season Calendar

- [2023-2024 Season Calendar](#)
- [FIS App](#)

## Where to Watch: [See Schedule](#)

- [Peacock Premium](#) (\$5.99/m)
- NBC Olympic Channel
- [Ski Austria](#) (Austrian Races only, Free w/account)
- [Ski & Snowboard Live Stream](#) (\$12.99/m)
- Highlights on Social Media
  - Youtube: [NBC Sports](#), [US Ski Team \(USST\)](#)
  - Facebook: [NBC](#), [USST](#)
  - Instagram: Any FIS Athlete, [USST](#)
- Winning WC Runs
  - [videos.usskiandsnowboard.org/alpineed](https://videos.usskiandsnowboard.org/alpineed)







# Questions?

