



MOUNT SNOW Training Center

SVC U14 - Skills Quest

Date: Sunday, December 29, 2024

Event: Southern Vermont Council U14 Skills Quest

Location: Carinthia Lodge

Mount Snow Ski Area, West Dover, Vermont

Discounted lift tickets available for Parents of racers, \$99 (limit 2 per family).

Registration: Adminskiracing – Open only to current USSA & VARA members.

7:30 am – Athlete bibs/lift tickets to be given to head coaches to hand out for each team at Carinthia Lodge. Bibs to be taken at end of race course, any missed bibs returned to coaches and handed back in to Nancy Logan, 2nd floor of Mount Snow Training Center/Ski Club. Any missing bibs will be charged \$25.00 for replacement.

Coaches Meeting: 8:00 am Deck of Carinthia. Shotgun start at 8:30 am

Athlete Lift: Heavy Metal

Event will consist of 6 different skills to be performed by athletes in the morning with a Dual Slalom race after lunch. There will be a lunch break between sessions. Athletes should take as many runs as they can before PM race.

AM Skills Event

1. Pole Jumpers
2. Picket Fence
3. One Ski
4. Hourglass Drill
5. Lane Change
6. Single Lane Panel SL

Slow skiing while not on the race course!

USSA/VARA rules apply

A Vermont state law requires use of the safety bar. Failure to do so may result in a DSQ.

