



# MOUNT SNOW Training Center

SVC U10-Skills Quest & Dual Panel SL

Date: Saturday, January 11, 2025

Event: Southern Vermont Council U10 Skills Quest & Dual Panel SL

Location: Inferno, Carinthia Base Lodge.

Mount Snow Ski Area, West Dover, Vermont

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

Registration: Coaches to pick up Registration packets at Cape House @7:30am. Open only to current USSA & VARA members. Bibs to be collected at end of race

**Coaches Meeting: 8:30am on the deck of Carinthia**

Athlete Lift: Heavy Metal after coaches meeting.

Event will consist of 6 different skills to be performed by athletes in the morning with a Dual Panel SL after lunch. There will be a lunch break between sessions.

Skills:

Station 1 Pole Jumpers and Step Overs

Station 2 Skating Races - straight run

Station 3 Apex Drill. and Picket Fence (stubbies)

Station 4 Free Ski with Pole Touch (1st steep pitch)

Station 5 Two sets of corridors down last steep pitch ( side slipping, pivot slips, falling leaf, etc)

Station 6 Coach/Athlete choice - open terrain (one ski, backward skiing, other drills, etc)

**\*\*Parking:** Lots A, B and C are paid parking. Lots D, E and Tiers are free. All parking at Carinthia is paid parking.

**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.**