



P.O. Box 817, Jackson, NH 03846
542 Route 16, Pinkham Notch, Gorham, NH 03581
Phone: 888.754.9453
Fax: 603.466.5813
skiwildcat.com



2019

Wildcat Ski Area is offering 3 different programs for skiers of all ages and abilities with certified USSA and PSIA coaches. These Programs are specific and designed to enhance and promote skiing fundamentals based on a progressive On-Snow Program with the format closely following Skills Quest Concepts which is part of our Alpine Training System as outlined in USSA/PSIA. We also offer the flexibility to work with parents and coaches to develop a program specific for your athlete's goals and needs. This Individual approach has proven very successful as well. Participation in these Programs can be of your choosing, whether it's 1 or 2 times a season or throughout a 10 week seasonal program. You can pick and choose dates and programs that best fit your skiers schedule. Programs listed below can also be combined throughout the session to get a better feel for On-Snow Training and add diversity in skiing.

Racing Development Program

This Program is designed to help develop a solid foundation for skiers of all ages from Youth thru Masters who would like to further their skills within a race structured program. This Program is based on the USSA Skills Development Pyramid which is part of the USSA Alpine Training System (A.T.S.). These components will address Technical and Tactical Skill Development.

All Mountain with Introduction to Race Development

This Program is designed to for the All Mountain skier of all ages who would like to be introduced to Race Course fundamentals within an All Mountain Development Program. Coaches will introduce USSA Drills to promote racing techniques as needed for running Race Gates in a Slalom and Giant Slalom format. Coaching will be split between All Mountain Skill Development which will involve skiing all terrain for half the daily session with the remainder of the day introducing more specific Race Training.

All Mountain Skiing

This Program is designed to promote skiing development for the recreational or ski club skier of all ages who would like to ski the entire mountain on all terrain. We will offer group training for the skiers who would like to better their technique in Bumps, Trees, Off Piste or just work on free skiing on groomed slopes. This program is based on PSIA instruction and is designed for All Levels of skiers.

All Programs are 4 hours long. Pricing is set at \$50 per skier for full day lift ticket with coaching. This is based on an 8 person group. Group attendance can be anywhere from 1 to 10 times a season which starts Mid December, weather dependent.

If interested, please contact me with any questions.

Think Snow!

Bob Gargano, USSA/PSIA

781-249-1986

racing@skiwildcat.com