



U14 Program

Overview

The goal of our U14 program is to foster development of ski racers from our Ski Club community, as athletes, competitors, individuals, and team members. This age class is where young athletes start to step up their strength, skills, and commitment to the sport. The program will provide an affordable means for racers to access ski race training and coaching to meet their personal goals in training and racing with a focus on Northern Vermont Council, Tri-Council, and VARA races.

The Training Program

Most of the training will be based at Cochran's Ski Area, with other training opportunities at different mountains to provide experience on a variety of terrain. Program elements include:

- Fall dryland training: Whole club Sunday afternoon sessions and weekly evening training sessions
- Optional Fall/Thanksgiving Training Camp on snow (Burke or location dependent on weather)
- 3 weekday/night on snow training sessions, with the option of one evening at Bolton.
- 2 weekend days with mix of racing and training
- Video analysis
- Additional midweek training days on holiday weeks (Christmas week, February school vacation)
- Opportunities to freeski and train on other nearby mountains when possible. Athletes will be expected to assume the costs of lift tickets/a season pass for training at larger mountains. There will be training available at Cochran's for those not able to make the commitment to ski at other mountains. Generally, we highly recommend freeskiing as much as possible and encourage athletes to go together even when a coach isn't available.
- We are continuing to work with Bolton Valley to offer high quality weekly mid week training. These are optional and there will be training available at Cochran's as well.
- Race day coaching support for all races

- Racers' families are responsible for registering for the races they are attending, and paying applicable fees directly. We will do our best to communicate registration openings and deadlines, but recommend keeping a close eye on admskiracing.com as these dates can change.
- It will be up to racers to coordinate with teachers and administrators at their school to manage missing school.
- Transportation and housing for racers and coaches will be coordinated by attending racers and coaches; Cochran's Ski Club does not provide transportation.

In the spirit of the Cochran's Ski Racing philosophy, the U14 program will expect racers to participate as members of the Cochran's community. If you are new to this program, we expect you will come to find this as a welcome part of being involved in this exciting sport at this wonderful place. This kind of community participation will be especially critical to the success of this program since it supports racers of such a broad range of ages and abilities. Parent participation in support of their athlete, and in support of Club program activities, is expected. Parent participation helps manage the costs of running the program. Parents of older racers are encouraged to participate in Club functions, however, there will be more expectation of older racers to assume individual responsibilities for their contributions to the Club community.

Coaches will provide guidance on which races each athlete should attend. A minimum number of athletes attending an event will determine whether a Cochran's coach will also attend. If a Cochran's Coach is not attending a specific race, the Coach will coordinate representation by a coach from another Club whenever possible.

Cochran's Ski Club strives to keep training and racing affordable, and will help prepare families for the anticipated expenses. Coaches will work with athletes on selection of races with an awareness of travel costs. We encourage families to work together to find affordable lodging and carpool, and share resources such as tuning equipment and know-how.

The Club has established a Financial Assistance program that may offset club membership fees. Scholarship programs are available through VARA and U.S. Ski & Snowboard, among others. If finances are a deciding factor in whether your athlete can attend an event, please reach out to your coach or the program director, and we'll be happy to see what we can do to help make it possible.