



U8/U10 Program

Overview

The goal of our U8 and U10 program is to instill and foster a love for the sport of skiing as well as provide a safe, fun, and encouraging atmosphere for our youngest athletes to make great friends, build confidence, develop great teamwork and sportsmanship. We strive to provide an affordable means for children to access alpine skiing and an opportunity for them to enjoy fun and friendly competition as they develop their skills.

The Training Program

The only real prerequisite for this age group is the ability to get to the top of the hill safely. If your child has difficulty riding the T-bar or the rope tow, we ask that a guardian accompany them until they can do so safely. We can help the athletes acquire this skill during the first few on-snow sessions, but we don't have enough staff to assign a coach to help athletes with the lifts.

- Fall dryland training: Sunday afternoon whole club sessions Oct-Nov.
- 2 weekday/night on snow training sessions
- 2 weekend days with mix of racing and training
- 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 and families to go together even when a coach isn't available.
- 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, families and guardians are encouraged 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.

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. Cochran's Ski Club reimburses coaches for mileage to some extent, and will cover coaches' housing expenses for some late-season events; families may decide to chip in to share a room or a ride or a meal with a coach.

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.