

Dear U12 and U10 Families,

Hope you all are well! Lots of info here, so please read carefully for:

- 1) Info for the weekend and race day details
- 2) A look ahead including important registration links - **don't miss deadlines!**
- 3) More details about special camps and events

**Please remember: On a race day, there is no training at home for the respective age class so that coaches are all available to support the race.**

#### **Saturday 1/25:**

U12s race GS at Killington (link to register is [HERE](#); registration closes at 5 pm 1/23 - TOMORROW)

U10s Train GS at home

#### **Sunday 1/26:**

U10s race GS at Killington (link to register is [HERE](#); Registration closes at 5 pm on 1/24 - Friday)

U12s train SL at home (full armor)

#### **Killington Race Details:**

This info is largely the same for the 10s and 12s. Where it differs is indicated. PLEASE NOTE: Your athlete's lift ticket is included with their entry fee.

**Race Trail:** The race is on **Highline which is in the K1 area** and ends right next to the Killington Ski Club Building - map [HERE](#). It is easily visible on foot. The best way to access the trail by skiing is to take the Snowdon Six Express and get off to the left. Take Mouse Run to Highline. Beware: the top of Highline is very steep! But the race course will be set down lower. Note that the Killington Ski Club Building is private and not for our use. *Originally the race was posted as being on Swirl, but that changed.*

**Bib pick up/tickets for athletes and meeting with coaches: Bib and ticket pick up begins at 7:45 am in the Killington Ski Club.** Standing under the K1 gondola line and looking uphill the Ski Club Building is to the right. They should have some signs out to direct you once you are in front of the building. Killington wants your athlete to pick it up themselves, unaccompanied by a parent, so just walk them up there and send them in. **The Okemo coaches will meet the athletes in front of the K1 Lodge at 8:15 AM SHARP to leave as a group for inspection.** Athletes must not be late and need to be fully ready to ski and race (with their bib on) when they meet at 8:15 am. If you as the parent are not skiing, you can simply walk your athlete to meet the coaches. Once they meet up with the coaches they will go with them over the race trail for inspection. Bibs MUST be returned at the end of the race - if for some reason your athlete leaves early, make sure to turn in their bib to a coach or official.

**Parent tickets/viewing the race:** \$120 per ticket - available at registration - credit card, cash or check only (made payable to KMS) - only two per racer. Sign the waiver [HERE](#). There are NO ATMS at Killington and it is cashless otherwise. Note, that you can easily walk to the bottom of Highline to view the race, so you don't have to ski/ride to see the race. **Parents are not allowed in the "race venue" - this means the start area and anywhere within the red safety fencing or finish corral.** From outside of the fence and finish corral you can see part of the trail and be there to give your athlete a hug when they exit the corral :)

#### **Race schedule:**

**U12:** Inspection begins at 8:30 am and closes at 9:30 am. **Race starts at 10 am.** Girls will run first, and then boys. The athletes will run in a random order mixed in with all the other clubs. Their bib number is their start number for first run. There will be a re-set for second run right after the first ends, and then a second run inspection before the beginning of second run. Athletes should listen for instructions from coaches on timing of all of this. The running order for second run is in reverse order within gender, but girls still go first. After the completion of the second run the course will stay up for untimed training runs if any athlete wants to take a couple of extra fun runs. Awards will be about 20 minutes after the completion of the untimed runs at the K1 area - outside of the Ski Club Building. Awards are based on best combined time of the two runs. My best guess is that awards will be over by about 2:30/3 pm.

**U10:** Inspection begins at 8:30 am and closes at 9:30 am. **Race starts at 10 am.** Girls will run first, and then boys. For the 10s, the athletes will run in a random order within their club, but each club will run all together. So all Okemo girls will go one right after the other, and same for the boys. Their bib number is their start number. For the U10s there is no re-set of the course for second run. They will take their second run right after their first, but will go in reverse order within gender. Girls still go first. They should listen to coaches' instruction on timing for second run and be prepared for a very minimal break. After the completion of the second run the course will stay up for untimed training runs if any athlete wants to take a couple of extra fun runs. Awards will be about 20 minutes after the completion of the untimed runs at the K1 area - outside of the Ski Club Building. Results are based on the first two runs only and awards are given according to the athlete's single best run. My best guess is that awards will be over by about 1:30/2 pm.

#### **Tips on where to park, etc:**

The K1 lodge is open for full service - food, getting ready, bathrooms, etc. There is a convenient bag check that you MUST use - bags cannot be left under tables. We cannot use the Ski Club building for getting ready, or store anything there. Killington food service etc is CASHLESS like Okemo. Park at the K1. Killington is a busy place, so just give yourself extra time for everything. They are anticipating a BUSY weekend. Killington is the most complicated place to race in terms of logistics, so you will all be pros and it will be easy after this!

#### **Other helpful race day info:**

Athletes should wear their GS suits (if they have one and are wearing it to race - one is NOT required) UNDER their jacket and full side zip pants. For their race run only they take off their jacket and pants. They must wear FULL SHELL helmets (hard ears) for GS races. NO chin bars or pole guards or shin guards for GS. Full side zip pants unzip from the bottom up - every year someone winds up stuck :)! Put your athlete's name on EVERYTHING and a colorful ribbon on jackets and pants helps identify them in a pile. The race bib should be put on immediately when given to the athlete and go under their jacket but over their GS suit. DO NOT lose the bib or leave it in the bathroom, etc. Each athlete must have their bib on to race. Coaches will try to bring jackets/pants down periodically during runs, so your athlete can wait at the bottom for it. Bringing an extra jacket is good and keeping it with you at the bottom of the course in case it takes a while for their jacket to come down. Putting snacks in your kids jacket pockets is helpful if they tend to get hungry! Please review the U10 and U12 101 attachment for more!

#### **Driving directions:**

15 or so years ago when I started writing these emails, GPS wasn't as prevalent, but now I'm sure you can all get to Killington....here's a few helpful hints. Head North on Rt 100 past the lakes in Ludlow. BE CAREFUL to obey speed limits particularly in Tyson and then in Plymouth. Don't be the one parent that gets a ticket - you are now forewarned :)! Take a left onto Route 4 and go PAST the Skyship Base (you will see a gondola - but this is not where you are going). When you get up onto the Killington access road you will drive past the Rams Head Base area on your right. At the very top of the access road is the K1 Lodge, the Ski Club building and our meeting area. Killington is busy - arrive early!

#### **Looking ahead:**

**Friday 1/31:** VARA U12 and U10 SL and Skills Project - optional (but VERY fun!) training day at Quechee - highly recommend this! More info below. Reg link is [HERE](#).

**Deadline is 1/29 at 5 pm.** There is NO FRIDAY TRAINING at Okemo on this day due to coaches needing to support the camp.

2/1: U12s race Tall Gate SL at Saskaadena Six (link to come); U10s train Stubby SL

2/2: U12s train GS, U10s train Stubby SL

2/8: U10s race Stubby SL at Quechee (reg link is [HERE](#); reg closes 2/4 at 5 pm); U12s train GS

2/9: U12s MVC SG Camp at Okemo (reg link is [HERE](#); reg opens 1/23 at 9 am and closes 2/7 at 11 am); U10s train GS.

**Monday 2/10:** Optional, but again very fun! VARA GS Terrain Camp for U12s (only U12s) at Okemo - link to register is [HERE](#) - registration will open first Thursday 1/23 at 9am open to second year U12s only for first 24 hours. All can register as of Friday 1/24 at 9 am; reg closes 2/7 at 11 am. More info below.

2/12-2/14: OMS Valentine Victory Camp - see below for info and to register!

**Race Registrations:** All U12 and U10 race registrations are done online through Adminskiracing.com. **Parents/Guardians MUST register your athletes for each race through this platform on which you must create a user account and then add your athlete(s).** The platform "upgraded" this summer and it looks like all of the information migrated from previous accounts, but you may have trouble logging in the first time. Plus, the new look takes some getting used to for those who used it in the past. I will share the specific links to each race once they are posted. The races are open to all MVC athletes (verified by rosters sent by clubs) so they don't fill up, you just need to register before the deadlines, which are usually at most 2-3 days before the event. Again, I will send you the links you need.

Please note - I do send VERY detailed info for each weekend's race during that week's update email - where to be when, how to get there and tips for each venue!

#### **Upcoming Special Event Info:**

**VARA U12 and U10 Skills Day and SL Camp at Quechee - Friday 1/31:** On Friday, January 31, there will be a statewide SL and Skills training day at Quechee. The day goes from about 8 am - 2:00 pm. Okemo coaches will be in attendance, but athletes will ski various training courses and drills set all over the mountain in mixed mountain groups with coaches from other mountains. It is a really great opportunity to get to know the other athletes against whom your athlete will race for years to come! It is also a really fun and productive day of SL training. However, as with anything really, it's optional...especially since it's a Friday! Registration link is above. Okemo will likely not host Friday training at home this week so that all coaches available can attend, so Friday participants, please keep this in mind.

**MVC U12 SG Camp - Sunday 2/9:** On Sunday, February 9, we will host the MVC U12 SG Camp at Okemo. This is a very gentle introduction to the discipline of Super G and is always a fun day. Athletes get comfortable with speed in various training environments, but there is no timing, or any race held. Athletes should use their GS skis (no SL skis allowed). Registration is required at the link above. There will be no other U12 training offered that day, just like a race day. More details to come, but plan on about 8:30 am - 2:30 pm.

**VARA U12 GS Terrain Camp - Monday 2/10:** This is another special statewide training opportunity on Monday, February 10th at Okemo; however, this is only for U12s. It is a really great training opportunity for athletes to get used to skiing various terrain (rollers, wave tracks, spines all built on Wardance) that will improve their GS skiing. Registration is first come, first served and it may fill up, so please register early if you want your athlete to attend. To give second year U12s priority in participating, they have a 24 hours protected window for registration from 9 am Thursday 1/23 - 9 am Friday 1/24. Again, totally optional, but very fun if your athlete can make it. The day will run from approx 9 am - 2:45 pm.

**OMS Valentine Victory Camp - Feb 12-14:** Get a mid-winter boost for your training by joining OMS for 3 days of on-snow and dryland training! U10-U16 athletes are invited to attend the annual OMS Valentine Victory Camp from February 12-14, 2025. The camp will provide training in either SL, GS or both (final training schedule TDB) to help finish the competition season strong. The on-snow portion of the day will run from 9 am - 2:30 pm at Okemo Mountain - the exact training schedule will be shared with registered campers the week prior to the camp. Campers will eat lunch on the mountain and should be prepared with a packed lunch, or with money to purchase lunch. All campers are invited to attend afternoon dryland sessions, as well as a video review and trampoline session, at OMS each day as well (exact timing of these sessions will vary by age group). Parents are responsible for drop off and pick up at the OMS building for the afternoon sessions. Click [HERE](#) to learn more and to register!

That's all for now! If after reviewing this email and the attachments you have any questions, please let me know. Keep thinking SNOW...it's been working :)!

Thanks,  
Mariel

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*pronouns: she/her/hers*

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