

2 Programs Available

Alpine Development Program:

This 8 week high performance youth ski program is specially designed to take the beginner/intermediate skier to an expert level through the application of alpine racing skills. Training sessions are Tuesday and Thursday 6-8 p.m., and will focus on introduction and acquisition of skills necessary to develop a strong foundation for successful skiing. Our coaches techniques include: skill building exercises appropriate to individual levels of development, drills, skills, guided free skiing, and appropriate GS and SL gate training.

Snowstar Junior Race Team

Skiers wanting to take their skills to the next level and compete in races may join the Jr. Ski Team and compete on the WIJARA race circuit. Members train two evenings a week, Tuesday and Thursday 6-8 p.m. Training concentrates on skill building exercises directly related to racing and appropriate to individual needs including specific drills, guided free skiing, all terrain, and GS and SL gate training. Coaches run all training sessions and are present at all races.

Practices:

Tuesdays and Thursdays from 6-8 pm., weather permitting. Training for both programs begins when Snowstar opens for the season and continues until the last race.

Coaching:

The Snowstar Ski Team and Alpine Development Program coaching staff is dedicated to the enhancement of well balanced skiing skills, while focusing on racing techniques for both slalom and giant slalom race courses. A variety of specific exercises, drills, and demonstrations are used both within a group and individual settings. Coaches are PSIA certified Levels 2 and 3.



FEES: Contacts:

Alpine Development Program - \$90.00

Snowstar Jr. Race Team - \$190.00

Both programs are open to youth ages 6-18 years old. Participants must be capable of loading and unloading the chair lift independently or must be accompanied by an adult at all times. HELMETS are required for ALL participants.

Race Schedule :

Chestnut Mountain (Galena, ILL) WIJARA sanctioned
January 12-13 2008

Sundown Mountain (Dubuque, IA) WIJARA sanctioned
January 26 -27 2008

Iowa Winter Games
(Sundown Resort, Dubuque IA) February 2-3 2008

Cascade Mountain (Portage, WI) WIJARA sanctioned
February 9-10 2008

Tyrol Basin (Mt. Horeb, WI) WIJARA sanctioned
February 23-24 2008

Mt. LaCrosse (LaCrosse, WI) WIJARA sanctioned
March 8-9 2008

Contacts:

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SNOWSTAR

SKI TEAM



SNOWSTAR WINTER SPORTS PARK

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