

## Inside the Issue

### WHAT'S BEEN HAPPENING

A-Basin  
Vail

### WHAT'S COMING UP!

First Days of Practice  
Training Opportunities

### SENIOR SPOTLIGHT

Phoebe Savoie  
Clarkston High School

## UPCOMING CALENDAR

We have created a document this year to outline the upcoming calendar to the best of our ability. This is an evolving document. You will find information regarding upcoming training and race opportunities and coach recommendations. Please bookmark this [Google Document](#) in order to see what is coming up at a glance.

## FUNDAMENTALS CAMP

Athletes had the opportunity to attend Fundamentals camp at A-Basin. Historically, this camp is a great way to kick off the season and prepare athletes for the upcoming Thanksgiving training camp.



Fundamental athletes pause for a picture with Coach Luca

## PINNACLE BUILDING

A reminder that Pinnacle Drive will usually be open 30 min prior to the start and end of practice. This area is to be used for pick up and drop off only. There should be no standing or long-term parking at the building.

Pine Knob's traditional parking lot should be used for parking and waiting to pick up your athlete. Some may even find that using the main lot is more convenient for traditional practices.

## THANKSGIVING CAMP: VAIL

It was another successful Thanksgiving camp at Vail! There was a high volume of training, and the T-Bar had almost zero lift lines! Pinnacle was fortunate to have up to 6 hours of lane space throughout the week. We had guest speakers 4x Olympian Bo Hansen and World Cup racer and U.S. Ski Coach Dan Stripp, the food provided by The George was delicious, and we were able to take advantage of the rock hard surface conditions that Vail provides.



A few pictures from Thanksgiving Camp at Vail

# ATHLETE ASSESSMENTS

Our athletes attending Thanksgiving camp had the opportunity to work with consultant and 4x Olympian Bo Hansen. Prior to camp, athletes completed a DISC assessment, and then consulted with Bo at the opening and closing of camp. This was a great opportunity for our racers to think about how we practice: making the most out of each practice, communicating with coaches, and practicing with intention. Additionally, on race day, exploring how a racer truly gets themselves in a ready state that allows them to have their best performance.

As young athletes, it is important to be reflective and experienced with practice and race routines. Bo provided a great example: You cannot wait 4 years for the Olympics to come around and expect to be ready. You need to try and anticipate the environment and prepare for that competition as much as you can.

This relates to our club as we think about the importance of coming to every practice with intention to get better and with a focused goal.

# BEING A SUPPORTIVE SKI RACING PARENT

We would like to share these articles with you. The first is written by Dr. Jim Taylor, an internationally known psychologist who has consulted for the United States and Japanese Ski Teams. A skier himself, Dr. Taylor qualified for the U.S. Ski Team.

[How to be the Best Ski Racing Parent Possible](#)  
[Be the Best Ski Racing Parent You Can Be](#)

# TEAM JACKET

Pinnacle Team Jackets can be ordered [here](#). Athlete jackets are required for all Pinnacle athletes. Training jackets, light puffy jackets, and vests are also available in the online store.



*Athlete Jacket, Training Jacket, Light Puffy Jacket, Pinnacle Vest*

## 2023 SENIOR SPOTLIGHT

Phoebe Savoie

Clarkston High School

### When did you learn to ski?

7 years old... my mom taught me.

### When did you start ski racing?

When I was 9.

### How long have you been racing with Pinnacle?

5 years

### What is your favorite Pinnacle memory?

Going to Chile or free skiing with my friends at Searchmont



### What do you like to do during the off season/when you are not training?

Mountain bike, run track and read

### What are your plans for next year?

Attend college