



ASCENT

S K I R A C I N G

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ASCENT

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Ascent Junior Racing is a proven program preparing racers from age 6-13 for Pinnacle Racing and/or future High School Racing. The program is 1-3 days of training at Alpine Valley, Bittersweet, Pine Knob, and Mt. Holly. This is a fun and rewarding experience which takes advantage of the Sunday Race Series.

Locations

- Alpine Valley
- Bittersweet
- Pine Knob & Mt Holly

Staff

Derek Delzer - Director

Corey Blomquist - Pine Knob / Mt Holly

Libby Cook - Alpine Valley

Programs

- **Gold**
 - 3 Days per week
 - 31 training days / 6 race days, up to 37 days!
- **Silver**
 - 2 Days per week
 - 20 training days / 26 race days, up to 26 days!
- **Bronze**
 - 1 Day of training per week.
 - 10 training days / 6 race days, up to 16 days!

Programs Start/End

- Mt Holly:
 - Wednesday Dec 10 - Feb 25
- Alpine Valley
 - Thursday Dec 11 - Feb 28
- Pine Knob:
 - Thursday Dec 11 - Feb 26
- Sunday Race Series
 - Sunday Jan 11 - Feb 15

Races

Sunday Race Series:

- Race #1: GS – January 11th @ Pine Knob
- Race #2: SL – January 18th @ Mt. Holly
- Race #3: GS – January 25th @ Alpine Valley
- Race #4: SL – February 1st @ Pine Knob
- Race #5: GS – February 8th @ Mt. Holly
- Race #6: SL – February 15th @ Alpine Valley
- Race #7: Finale – February 22nd @ Pine Knob

Program Goals

- Introduce the technical and tactical fundamentals of alpine ski racing
- Directed free skiing and skills acquisition through drills, both in and out of gates.
- Prepares racers for the Pinnacle Alpine Racing teams.
- No prior race experience is needed.
- "Sunday Race Series" starting in January
- **And finally: FUN!**

LTAD

Long Term Athlete Development Plan



SKIER PATHWAY



SKIER FOR LIFE

HIGH PERFORMANCE

PHYSICAL LITERACY FOR LIFE



LOCAL

REGIONAL DEVELOPMENT

NATIONAL DEVELOPMENT

TRAIN TO WIN

TRAIN TO RACE

LEARN TO RACE

LEARN TO TRAIN/
FUNDAMENTALS















DEVELOPING
PHYSICAL LITERACY

Age Classification	JUNIOR ASCENT		
Organization	Alpine Canada	US Ski	Ascent Jr. Development Program
Training age	0-4 years in sport	1-5 years in sport	0 - 5 years in Sport
Targeted number of days on snow	40+	50 - 150 hrs per season	19 - 45 Days
Weekly training volume	2-3 days	1-3 sessions	1 - 3 Sessions per week
Freeski vs gate training	75% / 25%	80% / 20%	60% / 40%
Number of Competition Days	6-8	Emphasize training time over events. 10 or less event days per season	6-8 Starts
Competition Types		Local or Club games and activities to Club based local events that are innovative with focus on fun and skill progression. Some informal interclub competitions	Local Sunday Race Series, NASTAR (local, regional, national)
Off Season Camps			Possible Weekend Camp

Age Classification	u12		
Organization	Alpine Canada	US Ski	Pinnacle U12 Program
Training age	2-6 years in sport	4-7 years in sport	2 - 7 years in sport
Targeted number of days on snow	60-80+	220 hours per season	50 - 70+ days including camps
Weekly training volume	Minimum 3	3-5 Sessions	3 - 5 sessions per week / 200+hrs
Freeski vs gate training	50% / 50%	65% / 35%	40% / 60%
Number of Competition Days	10-12 Days	10-15 starts	10 -14 Starts
Competition Types		Local racing leads to state and divisional championships in later ages of this phase which may lead to regional events.	Local racing through Sunday Race Series, Exposure to 2-3 CR3 Races, Possible Divisional Event
Off Season Camps	Optional 7 -10 Days	0-5 Days	Thanksgiving (7), Spring Fundamentals (4), Summer Hood (7)

Age	u14		
Organization	Alpine Can	US Ski	Pinnacle U14 Program
Training age	5-7 years in sport	5-8 years in sport	3-8 years in sport
Targeted # of days on snow	80-100+	360 Hours per season	90+ Days including camps / 300+hrs
Weekly training volume	3-5 Days	4-6 Sessions	4 - 6 Sessions
Freeski vs gate t	40% / 60%	50% / 50%	40% / 60%
#of Competition Days	12 - 20 Days	10-20 starts	12 - 20 Starts
Competition Types		Local racing leads to state and div. championships which may lead to reg. events and Jr Champ	CR3 Races, Divisional Races, Junior Championships
Off Season Camps	1 -3 Camps	10 days	Fall Fundamentals (4), Thanksgiving (7), Spring Fundamentals (4), Summer Hood (7)

Equipment

		Wear		Helmets			Protection			Enhanced Protection			
		 Snow Jacket and Pant	 Race Suit	 SL Helmet with Soft Ear	 Helmet with Hard Ear	 Hard Ear Helmet and FIS Approved	 SL Chin Guard	 Shin Guards	 Arm Guards	 Pole Guards	 Mouth Guard	 Back Protector	 Cut Resistant Baselayer
Age Group													
U8	Combi	Mandatory	✗	✗	✓	✓	✗	✗	✗	✗	✓		
U10	Combi		✗	✗	✓	✓	✗	✗	✗	✗	✓		
	SL	Mandatory	✗	✓	✓	✓	✓	✓		✓			
	GS		✗	✗	✓	✓	✗	✗	✓	✗	✓	✓	✓
U12	SL	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	GS	✓	✓	✗	Mandatory	✓	✗	✗		✗	✓	✓	✓
U14	SL		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	SG/GS		✓	✗	✗	Mandatory	✗		✓	✗	✓	✓	✓

U8: SKIS, BINDINGS AND BOOTS

Weight (lbs)	Ski Models	Size (cm)	Size up to:	Bindings	Boots
40-50	Rossignol Hero Junior Multi-Event	110	120	Team 4 GW	HERO Jr 65
	Dynastar Team Comp	110	120	Team 4 GW	RSJ 65
	Blizzard Firebird Comp Jr	100		Marker 4.5	JT4
	Atomic Redster J9 FIS J-RP	116		Colt 7 C	JR40
	Head WC e.Race Team	100	110	JRS 7.5 GW	Raptor 65
	Volkl Racetiger JR GSL Combi	118		Marker 4.5	DRS 60
	Nordica Combi-Pro S	110		Marker 4.5	SEEDMACHINE J4
50-60	Rossignol Hero Junior Multi-Event	120	130	Team 4 GW	HERO Jr 65
	Dynastar Team Comp	120	130	Team 4 GW	RSJ 65
	Blizzard Firebird Comp Jr	120		Marker 4.5	Firebird 65 or JR4
	Atomic Redster J9 FIS J-RP	124		Colt 7 C	JR40 or JR60 RS
	Volkl Racetiger JR GSL Combi	122		Marker 7	DRS 60
	Head WC e.Race Team	110		JRS 7.5 GW	Raptor 65
	Nordica Combi-Pro S	120		Marker 4.5	DOBERMANN 60
60-70	Rossignol Hero Athlete Multi-Event	127	134	NX 7 GW	HERO Jr 65
	Dynastar Team Comp	120	130	NX 7 GW	RSJ 65
	Blizzard Firebird Comp Jr	120		Marker 4.5	Firebird 65 or JR4
	Atomic Redster S9 FIS J-RP	124		Colt 7 C	JR40 or JR60 RS
	Volkl Racetiger JR GSL Combi	122		Marker 7	DRS 60
	Head WC e.Race Team	120		JRS 7.5 GW	Raptor 65
	Nordica Combi-Pro S	120		Marker 7	DOBERMANN 60
70-80	Rossignol Hero Athlete Multi-Event	134	141	NX 7 GW	Hero Jr 65
	Dynastar Team Comp	130	140	NX 7 GW	RSJ 65
	Blizzard Firebird SL Jr Racing	121		Race 8	Firebird 65
	Atomic Redster S9 FIS J-RP	124		Colt 7 C	Jr 60 RS
	Volkl Racetiger JR GSL Combi	122		Race 8	DRS 60
	Head WC e.Race Team	130		JRS 7.5 GW	Raptor 65
	Nordica Combi-Pro S	130		Marker 7	DOBERMANN 60
80-90	Rossignol Hero Athlete Multi-Event	141		NX 7 GW	Hero Jr 65
	Dynastar Team Comp	140		NX 7 GW	RSJ 65
	Blizzard Firebird SL Jr Racing	128	135	Race 8	Firebird 65
	Atomic Redster S9 FIS J-RP	124	131	Colt 7 C	Jr 60 RS
	Volkl Racetiger JR GSL Combi	122		Race 8	DRS 60
	Head WC e.Race Team	130		JRS 7.5 GW	Raptor 65
	Nordica Combi-Pro S	130		Marker 7	DOBERMANN 60

U10: MULTI EVENT

Weight (lbs)	Ski Models	Size (cm)	Size up to:	Bindings	Boots
50-60	Atomic S9 FIS J-RP	116	124	Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird Comp Jr	110	120	Marker 4.5	Firebird 65 or JT 4
	Dynastar Team Comp	120		Look Team 4	Lange RSJ 65
	Rossignol Hero Junior Multi-Event	120	130	Look Team 4	Rossignol HERO Jr 65
	Head WC e.Race Team	110	120	JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	120		Marker 4.5	Dobermann 60
	Volkl GSL Combi	122		Marker 4.5	Dalbello DRS 60
	Fischer RC4 WORLDCUP JR.	120		RC4 Z9 GW AC	RC4 PODIUM LT 70
60-70	Atomic S9 FIS J-RP	124	131	Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird Comp Jr	120		Marker 4.5 or Race 8	Firebird 65
	Dynastar Team Comp	130		Look NX 7 GW	Lange RSJ 65
	Rossignol Hero Junior Multi-Event	130	140	Look NX 7 GW	Rossignol HERO Jr 65
	Head WC e.Race Team	120		JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	120		Marker 4.5 or Race 8	Dobermann 60
	Volkl Racetiger SLR	122		Marker 4.5 or Race 8	Dalbello DRS 60
	Fischer RC4 WORLDCUP JR.	125		RC4 Z9 GW AC	RC4 PODIUM LT 70
70-80	Atomic S9 FIS J-RP	124	131	Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird SL Racing	121		Marker 4.5 or Race 8	Firebird 65
	Dynastar Speed Team Pro	126		Look NX 7 GW	Lange RSJ 65
	Rossignol Hero Athlete Multi-Event	127	134	Look NX 7 GW	Rossignol HERO Jr 65
	Head WC e.Race Team	120		JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	120	130	Marker 4.5 or Race 8	Dobermann 60
	Volkl Racetiger SLR	129		Marker 4.5 or Race 8	Dalbello DRS 60
	Fischer RC4 WORLDCUP JR.	125	130	RC4 Z9 GW AC	RC4 PODIUM LT 70
80-90	Atomic S9 FIS J-RP	131	138	Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird SL Racing	128		Marker Race 8	Firebird 65
	Dynastar Speed Team Pro	134		Look NX 7 GW	Lange RSJ 65
	Rossignol Hero Athlete Multi-Event	134	141	Look NX 7 GW	Rossignol HERO Jr 65
	Head WC e.Race Team	120	130	JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	130		Marker Race 8	Dobermann 60
	Volkl Racetiger SLR	136		Marker Race 8	Dalbello DRS 60
	Fischer RC4 WORLDCUP JR.	130	135	RC4 Z9 GW AC	RC4 PODIUM LT 70
90+	Atomic S9 FIS J-RP	138		Atomic Colt 7 C	Atomic JR 60 RS
	Blizzard Firebird SL Racing	135		Marker Race 8	Firebird 65
	Dynastar Speed Team Pro	134		Look NX 7 GW	Lange RSJ 65
	Rossignol Hero Athlete Multi-Event	141		Look NX 7 GW	Rossignol HERO Jr 65
	Head WC e.Race Team	130	140	JRS 7.5 GW	Raptor 70
	Nordica COMBI PRO S	130		Marker Race 8	Dobermann 60
	Volkl Racetiger SLR	145		Marker Race 8	Dalbello DRS 60
	Fischer RC4 WORLDCUP JR.	135	140	RC4 Z9 GW AC	RC4 PODIUM LT 70

U10: SKIS

One pair of skis is still generally recommended. Two pairs should be considered if your coach recommend.

GS

SL

Weight (lbs)	GS Ski Model	Size (cm)	up to	Weight (lbs)	SL Ski Model	Size (cm)	up to
60-70	Atomic Redster G9 FIS J-RP ²	124	131	60-70	Atomic Redster S9 FIS J-RP ²	124	
	Dynastar Speed Course Team GS (R21 PRO)	126	134		Dynastar Speed Omeglass TEAM SL (R21 PRO)	128	
	Rossignol Hero Athlete GS PRO (R21 PRO)	126	134		Rossignol Hero Athlete SL PRO (R21 PRO)	128	
	Head WC e-Race Team	130			Head WC e.SL Rebel Team	120	126
	Doberman Combi Pro S	130			Nordica DOBERMANN SLJ PLATE	121	
	Volk Racetiger GSR	130			Volk Racetiger SLR	122	
	Blizzard FIREBIRD COMP Jr or GS JR-RACING	120	136		Blizzard FIREBIRD SL JR-RACING	121	
	Fischer RC4 WORLDCUP GS JR.	133			Fischer RC4 WOLRDCUP SL JR.	120	125
70-80	Atomic Redster G9 FIS J-RP ²	131	138	70-80	Atomic Redster S9 FIS J-RP ²	124	131
	Dynastar Speed Course Team GS (R21 PRO)	134			Dynastar Speed Omeglass TEAM SL (R21 PRO)	128	
	Rossignol Hero Athlete GS PRO (R21 PRO)	134			Rossignol Hero Athlete SL PRO (R21 PRO)	128	
	Head WC e-Race Team	130			Head WC e.SL Rebel Team	120	126
	Nordica DOBERMANN GSJ PLATE	136			Nordica DOBERMANN SLJ PLATE	121	126
	Volk Racetiger GSR	137			Volk Racetiger SLR	129	
	Blizzard FIREBIRD GS JR-RACING	136			Blizzard FIREBIRD SL JR-RACING	121	128
	Fischer RC4 WORLDCUP GS JR.	133	138		Fischer RC4 WOLRDCUP SL JR.	120	125
80-90	Atomic Redster G9 FIS J-RP ²	138	145	80-90	Atomic Redster S9 FIS J-RP ²	131	138
	Dynastar Speed Course Team GS (R21 PRO)	143			Dynastar Speed Omeglass TEAM SL (R21 PRO)	135	
	Rossignol Hero Athlete GS PRO (R21 PRO)	143			Rossignol Hero Athlete SL PRO (R21 PRO)	135	
	Head WC e.GS Rebel Team	145			Head WC e.SL Rebel Team	120	126
	Nordica DOBERMANN GSJ PLATE	136			Nordica DOBERMANN SLJ PLATE	128	135
	Volk Racetiger GSR	144			Volk Racetiger SLR	129	
	Blizzard FIREBIRD GS JR-RACING	143			Blizzard FIREBIRD SL JR-RACING	128	135
	Fischer RC4 WORLDCUP GS JR.	143	148		Fischer RC4 WOLRDCUP SL JR.	130	135
90 - 100+	Atomic Redster G9 FIS J-RP ²	145	152	90 - 100+	Atomic Redster S9 FIS J-RP ²	138	145
	Dynastar Dynastar Speed Course Team GS (R21 PRO)	150			Dynastar Speed Omeglass TEAM SL (R21 PRO)	135	
	Rossignol Hero Athlete GS PRO (R21 PRO)	150			Rossignol Hero Athlete SL PRO (R21 PRO)	135	
	Head Head WC e.GS Rebel Team	152			Head WC e.SL Rebel Team	126	132
	Nordica DOBERMANN GSJ PLATE	150			Nordica DOBERMANN SLJ PLATE	128	135
	Volk Racetiger GSR	151			Volk Racetiger SLR	129	
	Blizzard FIREBIRD GS JR-RACING	150			Blizzard FIREBIRD SL JR-RACING	135	
	Fischer RC4 WORLDCUP GS JR.	148	153		Fischer RC4 WOLRDCUP SL JR.	135	140

U10: BOOTS AND BINDINGS

Weight (lbs)	Bindings	Boots
60-70	Atomic COLT 7 C Look NX 7 GW / SPX 10 Look NX 7 GW / NX 10 GW / SPX 10 GW Tyrolia EVO 9 GW AC MARKER RACE 8 JR MARKER RACE JR 8 MARKER RACE 8 Fischer RC4 Z9 GW AC	Atomic JR 60 RS Lange RSJ 65 Rossignol HERO Jr 65 Head Raptor 65 Nordica DOBERMANN 60 Dalbello DRS 60 Tecnica Firebird 65 Fischer RC4 PODIUM LT 70
70-80	Atomic COLT 7 C / COLT 10 Look NX 7 GW / SPX 10 Look NX 7 GW / NX 10 GW / SPX 10 GW Tyrolia EVO 9 GW AC MARKER RACE 8 JR MARKER RACE JR 8 MARKER RACE 8 JR Fischer RC4 Z9 GW AC	Atomic JR 40 Lange RSJ 65 Rossignol HERO Jr 65 Head Raptor 65 Nordica DOBERMANN 60 Dalbello DRS 60 Tecnica Firebird 65 Fischer RC4 PODIUM LT 70
80-90	Atomic COLT 10 Look NX 7 GW / SPX 10 Lok NX 7 GW / NX 10 GW / SPX 10 GW Tyrolia EVO 9 GW AC MARKER RACE 8 / 10 TCX MARKER RACE JR 8 MARKER RACE 8 / 10 TCX Fischer RC4 Z9 GW AC	Atomic JR 60 RS Lange RSJ 65 Rossignol HERO Jr 65 Head Raptor 65 Nordica DOBERMANN 60/ 5 Soft LC Dalbello DRS 60/75 Tecnica Firebird 65 Fischer RC4 PODIUM LT 70
90-100	Atomic COLT 10 Look NX 7 GW / SPX 10 Lok NX 7 GW / NX 10 GW / SPX 10 GW Tyrolia EVO 9 GW AC MARKER RACE 8 / 10 TCX MARKER RACE JR 8 MARKER RACE 8 / 10 TCX Fischer RC4 Z9 GW AC	Atomic JR 60 RS Lange RSJ 65/RS 70 SC Rossignol HERO Jr 65/WC 70 SC HEAD Raptor 65/70 Nordica DOBERMANN 60/ 5 Soft LC Dalbello DRS 60/75 Tecnica Firebird 65/R70 SC Fischer RC4 PODIUM LT 70

U12: SKIS

GS

Weight	GS Ski Model	Size (cm)	up to
70-80	Atomic Redster G9 FIS J-RP*	131	138
	Dynastar Speed Course Team GS (R21 PRO)	143	
	Rossignol Hero Athlete GS PRO (R21 PRO)	143	
	Head WC e.GS Rebel Team	145	152
	Nordica DOBERMANN GSJ PLATE	143	
	Volkl Racetiger GS	137	
	Blizzard FIREBIRD GS JR-RACING	143	
	Fischer RC4 WORLDCUP GS JR.	143	148

	GS Ski Model	Size (cm)	up to
80-90	Atomic Redster G9 FIS J-RP*	138	145
	Dynastar Speed Course Team GS (R21 PRO)	150	
	Rossignol Hero Athlete GS PRO (R21 PRO)	150	
	Head WC e.GS Rebel Team	145	152
	Nordica DOBERMANN GSJ PLATE	150	
	Volkl Racetiger GS	144	
	Blizzard FIREBIRD GS JR-RACING	143	150
	Fischer RC4 WORLDCUP GS JR.	148	153

	GS Ski Model	Size (cm)	up to
90-100	Atomic Redster G9 FIS Revoshock J or J-RP*	145	152
	Dynastar Speed Course Team GS (R21 PRO)	158	
	Rossignol Hero Athlete GS PRO (R21 PRO)	158	
	Head WC e.GS Rebel Team	152	159
		150	157
	Volkl Racetiger GS	151	158
	Blizzard FIREBIRD GS JR-RACING	157	164
	Fischer RC4 WORLDCUP GS JR.	153	158

	GS Ski Model	Size (cm)	up to
100-110	Atomic Redster G9 FIS Revoshock J or J-RP*	159	166
	Dynastar Speed Course Team GS (R21 PRO)	164	
	Rossignol Hero Athlete GS PRO (R21 PRO)	164	
	Head WC e.GS Rebel Team	152	159
	Nordica DOBERMANN GSJ PLATE	157	
	Volkl Racetiger GS	158	
	Blizzard FIREBIRD GS JR-RACING	157	164
	Fischer RC4 WORLDCUP GS JR.	158	163

	GS Ski Model	Size (cm)	up to
110-120	Atomic Redster G9 FIS Revoshock J or J-RP*	159	166
	Dynastar Speed Course Team GS (R21 PRO)	164	
	Rossignol Hero Athlete GS PRO (R21 PRO)	164	
	Head WC e.GS Rebel Team	152	159
	Nordica DOBERMANN GSJ PLATE	157	
	Volkl Racetiger GS	158	165
	Blizzard FIREBIRD GS JR-RACING	164	
	Fischer RC4 WORLDCUP GS JR.	163	168

SL

Weight	SL Ski Model	Size (cm)	up to
70-80	Atomic Redster S9 FIS J-RP*	124	131
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	135	
	Rossignol Hero Athlete SL PRO (R21 PRO)	135	
	Head WC e.SL Rebel Team	120	126
	Nordica DOBERMANN SLJ PLATE	128	
	Volkl Racetiger SL	129	
	Blizzard FIREBIRD SL JR-RACING	121	128
	Fischer RC4 WOLRDCUP SL JR.	125	130

	SL Ski Model	Size (cm)	up to
80-90	Atomic Redster S9 FIS J-RP*	131	138
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	135	142
	Rossignol Hero Athlete SL PRO (R21 PRO)	135	142
	Head WC e.SL Rebel Team	120	126
	Nordica DOBERMANN SLJ PLATE	128	135
	Volkl Racetiger SL	129	
	Blizzard FIREBIRD SL JR-RACING	128	135
	Fischer RC4 WOLRDCUP SL JR.	130	135

	SL Ski Model	Size (cm)	up to
90-100	Atomic Redster S9 FIS J-RP*	138	145
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	142	
	Rossignol Hero Athlete SL PRO (R21 PRO)	142	
	Head WC e.SL Rebel Team	126	132
	Nordica DOBERMANN SLJ PLATE	128	135
	Volkl Racetiger SL	136	
	Blizzard FIREBIRD SL JR-RACING	135	142
	Fischer RC4 WOLRDCUP SL JR.	135	140

	SL Ski Model	Size (cm)	up to
100-110	Atomic Redster S9 FIS J-RP*	145	152
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	149	
	Rossignol Hero Athlete SL PRO (R21 PRO)	149	
	Head WC e.SL Rebel Team	132	138
	Nordica DOBERMANN SLJ PLATE	135	
	Volkl Racetiger SL	136	143
	Blizzard FIREBIRD SL JR-RACING	135	142
	Fischer RC4 WOLRDCUP SL JR.	140	145

	SL Ski Model	Size (cm)	up to
110-120	Atomic Redster S9 FIS J	145	152
	Dynastar Speed Omeglass TEAM SL (R21 PRO)	149	
	Rossignol Hero Athlete SL PRO (R21 PRO)	149	
	Head WC e.SL Rebel Team	132	138
	Nordica DOBERMANN SLJ PLATE	135	142
	Volkl Racetiger SL	136	143
	Blizzard FIREBIRD SL JR-RACING	142	
	Fischer RC4 WOLRDCUP SL JR.	145	

U12: BOOTS & BINDINGS

Weight (lbs)	Boots	Bindings
70-80	Atomic JR 40/JR 60 RS	Atomic COLT 7 C or 10
	Lange RSJ 65	Look NX 7 GW / SPX 10
	Rossignol HERO Jr 65	Look NX 7 GW / NX 10 GW / SPX 10 GW
	Head Raptor 65	Tyrolia EVO 9 GW AC
	Nordica DOBERMANN 60	MARKER RACE 8 JR
	Dalbello DRS 60	MARKER RACE 8 JR
	Fischer RC4 PODIUM LT 70	Fischer RC4 Z9 GW AC
	Tecnica Firebird 65	MARKER RACE 8 JR
80-90	Boots	Bindings
	Atomic STI 70	Atomic COLT 7 C or 10
	Lange RSJ 70 SC	Look SPX 10
	Rossignol HERO WC 70 SC	Look NX 10 GW / SPX 10 GW
	Head Raptor WCR 70	Tyrolia EVO 9 GW AC
	Nordica DOBERMANN 5 Soft LC 70	MARKER RACE 8 JR/RACE 10 TCX
	Dalbello DRS 75	MARKER RACE 8 JR/RACE 10 TCX
	Fischer RC4 PODIUM LT 70	Fischer RC4 Z9 GW AC
	Tecnica Firebird 70 SC	MARKER RACE 8 JR/RACE 10 TCX
90-100	Boots	Bindings
	Atomic STI 70	Atomic COLT 10
	Lange RSJ 70 SC	Look SPX 10
	Rossignol HERO WC 70 SC	Look NX 10 GW / SPX 10 GW
	Head Raptor WCR 70	Tyrolia EVO 9 GW AC
	Nordica DOBERMANN 5 Soft LC 70	Marker RACE 10 TCX
	Dalbello DRS 75	Marker RACE 10 TCX
	Fischer RC4 PODIUM LT 70 / 90	Fischer RC4 Z9 GW AC
	Tecnica Firebird 70 SC	Marker RACE 10 TCX
100-110	Boots	Bindings
	Atomic STI 90	Atomic COLT 10 / 12 / X 12 GW
	Lange RSJ 90 SC	Look SPX 10
	Rossignol HERO WC 90 SC	Look NX 10 GW / SPX 10 GW
	Head Raptor WCR 90	Tyrolia EVO 9 GW AC / FF 11 Race
	Nordica DOBERMANN M L.C./RD Soft L.C. 100	Marker RACE 10 TCX
	Dalbello DRS 90 LC	Marker RACE 10 TCX
	Fischer RC4 PODIUM LT 90	Fischer RC4 Z11 FREEFLEX
	Tecnica Firebird 90 SC	Marker RACE 10 TCX
110-120	Boots	Bindings
	Atomic STI 110	Atomic COLT 12 / X 12 GW
	Lange RS 110 SC	Look SPX 10
	Rossignol HERO 110 SC	Look NX 10 GW / SPX 10 GW
	Head RAPTOR WCR 5 SC	Tyrolia FF 11 Race
	Nordica DOBERMANN M L.C./RD M 110	Marker RACE 10 TCX / XCOMP 12
	Dalbello DRS XS (90) or SS (110)	Marker RACE 10 TCX / XCOMP 12
	Fischer RC4 PODIUM LT 90 / 110	Fischer RC4 Z11 FREEFLEX
	Tecnica Firebird 90 SC / WC110	Marker RACE 10 TCX / XCOMP 12

Model 3: Junior Ski Sizing

Age	Lbs	Type	GS	SL
u8	40 - 50	Multi Event	110	
	50 - 60	Multi Event	120	
	60 - 70	Multi Event	127	
	70 - 80	Multi Event	134	
u10	50 - 60	Multi Event	120	
	60 - 70	Multi Event	130	
	70 - 80	Multi Event	134/141	
	80 - 90	Multi Event	148	
u12	60 - 70	Jr	135	128
	70 - 80	Jr	144	135
	80 - 90	Jr	151	135/142
	90 - 100	Jr	158	142
	100 - 110	Jr	165	149

**Model 3:
u14**

Age	Lbs	Type	GS	Type	SL
u14	70 - 80	jr	144	jr	128/135
	80 -90	jr	151	jr	135
	90 - 100	jr	158	jr	135/142
	100 - 110	17R+	165	jr	142
	110 - 120	17R+	170	jr or race	142/150

Required Gear

- Season Pass or Lift Ticket
- Skis
- Ski Boots
- Bindings (Properly adjusted for athlete)
- Poles
- Helmet
- Goggles w/clear or yellow lens
- Warm glove or mittens

Strongly Recommended Gear

- Warm Clothing
 - Zipper snow pants
 - Long underwear (dress in layers)
 - Neck Warmer
- Optional Gear
 - Shin Guards
 - Pole Guards
 - Chin Bar
 - GS Suit
 - Mouth Guard

Training Days – Meeting Locations

Alpine Valley:

In front of the main lodge, on the snow



Pine Knob:

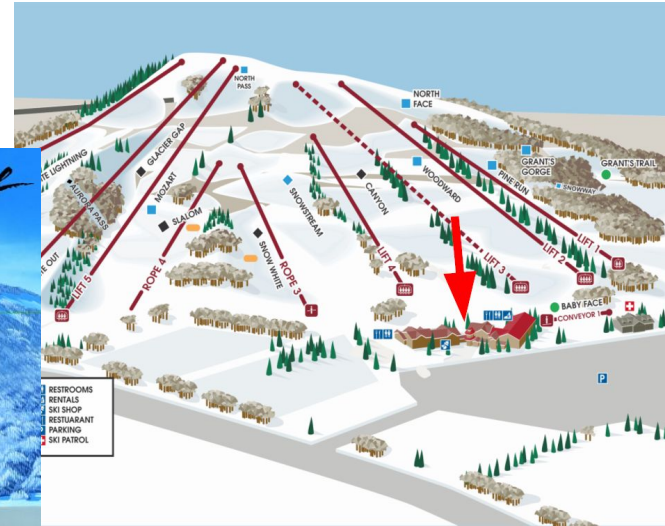
In front of the Pinnacle building / at the bottom of "Shaboom"

WEEK 1: We will meet in front of the MAIN LODGE



Mt. Holly:

In front of the main Trail Map by the arch / at the bottom of Canyon



Training Day

- Athletes should arrive to meeting location 5 minutes prior to practice start time, ready to train.
- Athletes will free ski with coaches and be in gates
- Eat and hydrate before practice
- Use bathroom prior to practice
- Athletes will be released after a team meeting (usually at the bottom of training venue)
- First week athletes will end practice
 - Pine Knob: in front of main lodge (near patio)
 - Alpine: In front of main lodge
 - Mt Holly: Near large trail map (near tunnel)

Missed Days

- Athletes are not able to adjust days throughout the season for missed days. This is due to many factors including safety, staffing and lane space.
- We want to make your child a better ski racer!
 - If we need to cancel multiple practices we will get creative to add additional practices when necessary.

Course Training Aids

- Brushes
- Stubbies
- 60in SL pole
- GS panel Gates

Sunday Race Series

Sunday Race Series

- Race #1: GS – January 11th @ Pine Knob
- Race #2: SL – January 18th @ Mt Holly
- Race #3: GS – January 25th @ Alpine Valley
- Race #4: SL – February 1st @ Pine Knob
- Race #5: GS – February 8th @ Mt. Holly
- Race #6: SL – February 15th @ Alpine Valley
- Race #7: Finale - February 22nd @ Pine Knob

Sunday Race Series

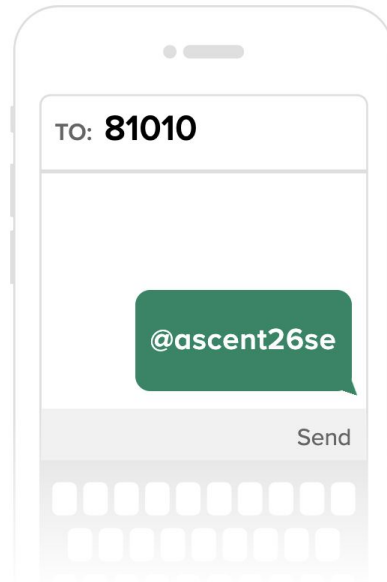
- 8:30 AM Arrival // 9AM Load CHAIR
- Team Dynamic Warm Up
- Ski Warm Up
- Inspection
- Race Runs
- Awards
 - Top 3 in each age group
 - WC Points for season long awards

Communication: REMIND

Tell people to text @ascent26se to the number 81010

They'll receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @ascent26se to (415) 813-2648.



Communication: Calendar and Sportsengine

← November 2023 →

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

CURRENTLY SELECTED TAG(S): Match Any ▾

Bittersweet Junior Ascent

Home

Programs (All Seasons)

- Programs (2023-2024)
 - Regular Season
 - HS Ascent
 - High School Ascent Ski Training
 - Jr. Ascent
 - Alpine Valley Jr Ascent
 - Bittersweet Junior Ascent
 - Mt Holly Junior Ascent

FAQ's

QUESTION: Does my athlete need a ski pass?

Answer: YES!!! – please make sure you have purchased and pick up your pass before the first day of practice.

QUESTION: What does U8, U10, U12, U14 stand for?

ANSWER: The 'U' stands for 'under.' The U10 program is for athletes under the age of 10. Athletes are in an age group for 2 years (1st year U10 or 2nd year U10)

QUESTION: What are the prerequisites for Ascent Junior Racing?

ANSWER: No race knowledge is needed, but we do require that your athlete is chairlift proficient and can safely ski ALL blues at the resorts in which we train.

FAQ's

QUESTION: Will my child have the same coach all season long?

ANSWER:. We break the athletes into different sub groups once the season gets going based on age, ability and personality. We will make changes throughout the season to best develop each athlete.

QUESTION: My athlete lost his pole (or glove, or helmet, etc.), will you send out an email to help us get it back?

ANSWER: No, not initially. Please note that if I did this every time a parent asked me to, you all would get an email every day. The best way to avoid this, is to LABEL EVERYTHING with you name and phone number

FAQ's

QUESTION: If challenging weather is in the forecast how will we know if we have practice?

ANSWER: Ascent will notify you via Remind if practice is going to be canceled or shorten because of weather. We will usually make this call 60 - 90 minutes prior to practice.

Events

Nov 22: Warren Miller Supporting Mt Holly HS Division

Dec 28 - 31: Searchmont Camp