



PINNACLE

ALPINE RACING

Inside the Issue

WHAT'S BEEN HAPPENING

Racing

VOLUNTEERS NEEDED

SignUp Genius (CR3)
Dibs (all others)

SENIOR SPOTLIGHT

Courtney Baylee
Clarkston High School



Photo Credit: K Gedda Smith Images

UPCOMING RACE INFORMATION

Sunday Race Series

February 6 @ PK

February 13 @ MH

February 20 @ PK

JDT Races

February 6 @ Schuss Mountain

February 12 @ Cannonsburg

February 13 @ Bittersweet

FIS

February 4-6 MidAm @ Spirit/Lutsen

CR3

February 5-6 @ Boyne Highlands

February 12-13 @ Boyne Mountain

BETTER AT THE START

A routine is key! Athlete's movement prep prior to practice is a routine you their body knows and should be done before races as well. Start warm-up about 15-20 minutes prior to their race start (30-40 races out in GS and 40-60 racers out in SL). Prior to warm up, racers should be taking free-ski/warm-up runs.

CAMP INTEREST SURVEY

Please complete the registration to express your interest in upcoming camp opportunities.

https://docs.google.com/document/d/1K7SwJ9fdpeqInY5gbke8gQotNHj6_nSC8BBYhEmR4ic/edit?usp=sharing



Pinnacle Athletes at Boyne Highlands Photo Credit: K Gedda Smith Images

SENIOR SPOTLIGHT

Courtney Baylee
U18/FIS

When did you learn to ski?
4 years old, My dad

When did you start ski racing?
8 years old

How long have you been racing with Pinnacle?
5 years

What is your favorite Pinnacle memory?
Going to Mt. Hood my first year and cliff jumping



What do you like to do during the off season/when you are not training?
I play Lacrosse for the high school and travel

What are your plans for next year?
I plan to attend college in either Michigan or Florida

WHAT'S BEEN HAPPENING

Racing is in full swing across all programs! It has been a challenging early season with limited snow and gate training. The early season races are great baselines to expose what we need to focus on to peak later in the year. As a whole we have a lot of work to do as a club and our coaches are more eager than ever to work with our athletes. It is important that even though the season becomes busier, our athletes continue to attend practice, are attentive at practice, ask great questions, document reflections in their journals.

RACE RECAP

Championship Season is coming... The end of January and beginning of February is a very stressful time in our season. We have a substantial amount of training under our belts, however we are in the final push for a little more before the end of season championship. It is important to keep nourished, hydrated, focused, and push through this time period. In a few short weeks we will be working towards trying to peak. While the volume of training will decrease, the intensity increases. If we prep correctly we are able to push through, rather than cram going into our big events. It is also important to note that spring is a great time to find some extra races that can set the stage for the following year.

QUESTIONS

With regards to contacting upper levels of US Ski. (CR2, CR1, FIS), it has been asked from US Ski leadership that our coaching staff help field questions from our parents. If you have questions about races or registrations please contact your coaches prior to contacting US Ski or FIS or other Central Regions.

PARENT VOLUNTEERS

Races would not be possible without help from parent volunteers! There are positions for parents who love to be on the hill during race day, as well as off. Be on the lookout for SignUp Genius (CR3) or Dibs (CR2). Information will be located on the race Fact Sheets. Please do not wait until the last day to sign up.



Talented Pinnacle parent Kristen Smith was at the Boyne Highlands race taking pictures January 8 and Nubs Nob January 26. Her photos are available here:

<https://kgeddasmithimages.pixieset.com/boynehighlandsu12race/>

<https://kgeddasmithimages.pixieset.com/nubsnobu12race/>