

Ski Teams

```
var gaJsHost = (("https:" == document.location.protocol) ? "https://ssl." : "http://www.");
document.write(unescape("%3Cscript src=" + gaJsHost + "google-analytics.com/ga.js"
type='text/javascript'%3E%3C/script%3E"));
```

```
try {
var pageTracker = _gat._getTracker("UA-12436141-1");
pageTracker._setDomainName("none");
pageTracker._setAllowLinker(true);
pageTracker._trackPageview();
} catch(err) {}
```

2010-11 Registration forms will be posted mid-September

Development and Gift of Skiing/Snowboarding:

The Gift of Skiing/Snowboarding Program is our entry level and introductory league for both skiing and snowboarding. Taking athletes as young as 6 years old, this team focuses on the basics of skiing and snowboarding. You must be able to ski or snowboard at this point, as it is not a first-timers team. Gift of Skiing teams train once a week or once every other week depending upon the level. This is the most affordable and progressive ski and snowboard program in the west.

Auburn Ski Club is dedicated to keeping athletes involved in ski racing at all levels. Developing athletes at a younger age, building basic skills, and focusing on healthy philosophies ensure the commitment to this effort. Our Development Team trains primarily to build growth as a skier and to introduce athletes to ski racing and freestyle or freeride. The Development Team develops skills through guided free-skiing and drill progression over 60% of the time on snow. Other

time is spent in video analysis, gate training, and racing Tahoe League. The Freeride/Freestyle Development program will develop skills similarly, though specific skills will be developed in the half-pipe, in the park, and on big mountain terrain. The Development Team is also invited to specific training sessions after school, mid-week, throughout the season. This team trains Saturday and Sundays primarily at Boreal Mountain Resort, and specific free-ski days at Alpine Meadows.

For more information on Gift of Skiing and Development email: alpine@assoc.auburnskiclub.org

Far West J 4/5 Team:

Youth Race Program ages 12 and under training at Boreal and Alpine Meadows. Far West membership and racing are required. This program will prepare the athlete for competition with technical skills and training in all disciplines. Training sessions are Tuesday through Thursday nights at Boreal, Friday afternoons, weekends and holidays will be spent at Alpine Meadows or Boreal depending upon the curriculum.

For more information on J4/J5 Far West Skiing email: alpine@assoc.auburnskiclub.org

Far West J 1/2/3 Teams:

Youth Race Program ages 13-19 training at Boreal and Alpine Meadows. They are designed for athletes traveling to local and regional FIS and Far West events. Divisional scheduling is included to support all of the athlete's requirements to be successful. Training sessions are Tuesday through Thursday nights at Boreal, Friday afternoons, weekends and all holidays at Alpine Meadows. Training is catered to the athletes competition schedule and specific needs.

For more information on Far West J1-J3 Competition Teams email: alpine@assoc.auburnskiclub.org

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