



EVENT: MVC U14 Skills Assessment Day – Saturday, February 23, 2013

Trail name: B Slope

Venue: Pico Mountain, Killington, VT

Officials:

Technical Delegate: Cort Jones

Referee: Kevin Creed, Pico

Program of events:

Racer Registration/Bib Collection: 7:30-8:30 AM Bib pick-up – Sunshine Room, Pico Mountain Base Lodge (please use this facility for item storage)

Mandatory Team Captains' Meeting: 8:00, downstairs of Pico Ski Club (coaches tickets are distributed at the meeting)

Little Pico Triple Lift opens: 7:30 for Officials and Coaches

Inspection: 8:30-9:00 to inspect Apex and Pole Plant stations

First Skills Assessment: 9:30 AM

Assessment details are posted on pages two and three of this document

Trail closure information:

No free-skiing on B-Slope during Assessments

Memberships: USSA & VARA required; VARA is governing body

Lift tickets: Fee is included in entry fee; tickets are distributed with bib at registration

Awards: Presentation will be from the Pico Ski Club deck

Race Administration:

Meg Horrocks

picoskiracing@gmail.com

Pico Ski Club

Medical Plan: On file in Timing Tower and at Team Captains' meeting

MVC U14 Assessment Day Program – subject to change

MORNING ASSESSMENTS: 9:30 AM

Trail: B Slope

Equipment: SLALOM SKIS

SKILLS ASSESSED: APEX AND POLE PLANT

There will be 2 stations set up for each Skill: 1 station for Girls and 1 station for Boys

PROCEDURE:

Athletes will start at their respective STATION 1: APEX and will run through in bib order. They will complete Trial 1 of the APEX and then proceed down the hill to STATION 2: POLE PLANT. Athletes will run in bib order through Trial 1 of the POLE PLANT. Once the athlete has completed Trial 1 of Pole Plant they will load the lift and return to the top of STATION 1: APEX .

Trial 2 will also be done in BIB ORDER

Athletes will be placed in bib order to begin Trial 2 of the APEX, once the athlete has completed Trial 2: APEX they will proceed to STATION 2: POLE PLANT to await their bib to be called for Trial 2: POLE PLANT.

STATION 1:

APEX: START IS JUST BELOW HIGH SCHOOL AND FINISHES JUST ABOVE LAST PITCH

Girls Apex on skiers RIGHT will be set in ORANGE brushes

Boys Apex on skiers LEFT will be set in GREEN brushes

STATION 2:

POLE PLANT: START IS AT THE TOP OF THE LOWER PITCH AND FINISHES ON THE BOTTOM FLAT (RACE FINISH)

Girls Pole Plant will be on skiers RIGHT

Boys Pole Plant will be on skiers LEFT

AFTERNOON ASSESSEMENT: 12:30 PM

Trail: B Slope

SKILLS ASSESSED: ONE SKI

There will be 2 stations set up for the ONE SKI Assessment.

STATION 3A:

GIRLS ONE SKI STATION: UPPER B SLOPE: START IS JUST ABOVE THE FLAT AND FINISHES AT THE GS START

Girls One Ski Station: The station will be 2 corridors side by side divided by brushes. Right ski will be completed on the right corridor. The left ski will be completed on the left corridor.

*We will have fencing in place on either side of the corridors so that the athletes can safely hike back up to the start behind the fence.

STATION 3B:

BOYS ONE SKI STATION: Lower B Slope: starting at the bottom of the pitch and finishing in the GS finish.

Boys One Ski Station will: The station will be 2 corridors side by side divided by brushes. Right ski will be completed on the right corridor. The left ski will be completed on the left corridor.

PROCEDURE:

Athletes will start at their respective ONE SKI STATION and will run through in bib order. They will complete Trial 1 of the RIGHT SKI and then hike back up to complete Trial 1 of the LEFT SKI. After completion of Trail 1 of the LEFT SKI they will hike back up to begin Trial 2.

Trial 2 will also be done in BIB ORDER.

Athletes will be placed in bib order to begin Trial 2 of the RIGHT SKI, once the athlete has completed Trial 2: RIGHT SKI they will hike back up and await their bib to be called for Trial 2: LEFT SKI

Upon completion of the ONE SKI ASSESSMENT athletes will be done until **AWARDS** which will be begin approximately 30 minutes after the completion of both ONE SKI Stations out in front of the Pico Ski Club.

AWARDS: Top 10 Girls and top 10 Boys.

Following the SKILL ASSESSMENT AWARDS, the MVC STATE TEAM will be named.