



MVC U10Skills/Panel SL Fact Sheet 8Feb2020

Register/pay at adminskiracing.com by 5pm **Wednesday, Feb5.**

Schedule

Registration, lodge basement 7:30-8:30 am
Team Captains meeting 8:15 am at the lift
Athletes join groups 8:30am load the lift
Skills* in mixed groups 8:30-10:30 am- warm-up run + stretch
Dual Panel SL Inspection 11:30 am no-GS-suit race
1st run in morning groups 12:15 pm girls on red, boys on blue
2nd run immediately after 1st (same bib order) girls on blue, boys on red

*Coaches give feedback (but not score) four Phase 1 and two Phase 2 [Skills](#)
1 - Steps & Jumps - lift left ski, right ski, left, right, then 4 jumps - right side off lift
2 - Basic Outside turns - 6 turns while lifting inside ski - just below steps+jumps
3 - Hockey Stops - 9m down fall line, pivot to stop within next 9m - below start, 2x
4 - Free-ski with parallel skis - 8 carved turns - skier's left of hockey stops
5 - Outside ski turn - 8 turns, step onto inside ski+turn on it, lift other ski - tower 6
6 - Free-ski w/ Pole use - 8 turns, double or single pole touch - skier's left tower 6

Awards for top 3 groups will be held outside the base lodge on our awards mound ~30 minutes after the completion of the second run.

Tickets for family members available at the ticket booth near the chairlift