



MVC U14

USSA SkillsQuest Skiing Assessment & Non-timed Duals Event

Publish date: Thursday, January 8.

Venue: Pico Mountain, Killington, VT

Requirements: Helmets for competitors; USSA & VARA memberships for competitors and any coaching staff requesting lift tickets.

Rules and Protocol: All procedures will follow the [SkillsQuest Tournament operating procedures](#). Additionally a handbook is available on the VARA Rules page that details the event [skills descriptions](#). Please review event information in advance.

Entry Method:

Entries should be sent by coaches as a .csv or NatFIS file to John Del Col.

Entry Fee:

\$35 cash or check only. Entry fees include competitor lift ticket.

Day Storage for visiting athletes:

Attendees use the Pico Mountain base lodge well as the new Slope Side Loft attached to the Pico Mountain Sports shop for day storage. The Pico Ski Club located at the bottom of the race course is a private facility. Please respect the membership's privacy.

Program of events:

Racer Registration: 7:00-8:00 AM,

Registration location: Upstairs of Andrea Mead Lawrence Lodge, located at the base of B Slope.

Mandatory Team Captains' Meeting: 8:00, downstairs of Pico Ski Club

Coaches Tickets and Registration: Coaches tickets will be distributed at Team Captains' Meeting to those coaches with current USSA and VARA registrations.

Event Overview:

- Athletes will be assigned to a designated group with a group leader (coaches from the U14 MVC teams);
- Athletes will be notified of their designated group (A, B, C....) and meeting location at event registration;
- 8:30 – Group leaders will meet and take assigned groups to the first of the four stations;
- Each athlete will participate in the designated skill at that station;
- Once all athletes finish the designated skill, the group will move with their group leader to the next skill station;
- Groups will consist of 10+/- athletes that will circulate through the four stations.
- Four Stations: Pole jumpers in tuck, one ski skiing, pivot slips, freeski lane changes.
- An un-timed duals event where athletes can race their peers informally (bibs must be worn during duals event).

Station Assignments:

1. Pivot Slips – top chute on B Slope
2. Pole Jumpers in tuck – Mid-section through flats on B Slope
3. Freeski - Lane Change – High school race start on B Slope
4. One ski skiing – Bottom pitch of B Slope

Estimated time frame for SkillsQuest and Duals event:

9:00 AM – 1:00 PM Each group will rotate through the four stations according to a time schedule that will be distributed to group leader coaches on Team Captains meeting. Each group will complete 1 task each hour. It's estimated that it will take 15 minutes for the group to complete the tasks of each station. Extra time can be spent warming up, freeskiing, eating..... with group leader.

Group lunch break: 30- 45 minute break during the SkillsQuest timeframe.

Post SkillsQuest: Regroup with group leader at designated time and location to participate in informal, untimed dual event while results are compiled.

Awards will be presented at the end of results tabulation, estimated at 3:00.

Bibs must be returned to the bib bins located in front of the scoreboard, where Group E met (see sign). Lost bib fee is \$20/bib.

Awards & Protests: Awards presentation will be from the Pico Ski Club deck after results are tabulated. There is no protest period associated with the event.

Medical Plan: The Medical Plan is on file in the Timing Tower and Coaches Room, and will be presented at the Team Captains' meeting.

Family lift tickets: \$45 per ticket and available for purchase at the Pico Mountain ticket office; limit of 2 tickets per racer family.

Race Administration:

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Pico Ski Club