



*Edit date: March 11, 2013 – This information will continue to be updated when needed.
Added: Breakfast information added for Saturday and Sunday*

U12 State Festival *General Information* – subject to change

Event Date and Location: March 16-17, 2013 at Pico Mountain

Entry rule: All VARA U12 competitors must have raced in 50% of their council race series to qualify for participation in the VARA U12 State Festival. All participants must have current VARA memberships.

Entry Procedure: Council chairs must send confirmed entry lists in a spreadsheet including gender, YOB and USSA number to the VARA Office by Wednesday, March 13. Parents – coaches will submit rosters to council chairpersons, so please contact your coach directly regarding participation.

Entry Fee: \$50 for two-days; Payment is with cash or check only at bib-pick up. Checks are payable to Pico Ski Club. The entry fee includes a two-day lift ticket for the competitor.

Bib Pick-up:

Friday, March 15: 5:00 - 8:30 p.m.; location to be determined.

Saturday, March 16: 7:30-8:30 a.m., Sunshine Room, Pico Mountain Base Lodge

Schedule for Two-Day Event: The U12 State Festival is a two-day event only so athletes must participate in both events. There is no training day for either of the events.

Saturday, March 16:

- Team Captains' Meeting (for Skills Assessment & GS), Pico Ski Club – 8:00 a.m.
- Girls Dual GS on B-Slope, next to Little Pico Triple – 9:30 a.m.
- Boys Assessment Day, on trail to be determined – 9:45 a.m.
- Awards for Saturday's events – 3:00 p.m., Pico Ski Club deck

Sunday, March 17 9:30 AM:

- Team Captains' Meeting (for Skills Assessment & GS), Pico Ski Club – 8:00 a.m.
- Boys Dual GS on B-Slope, next to Little Pico Triple – 9:30 a.m.
- Girls Assessment Day, on trail to be determined – 9:45 a.m.
- Awards for Sunday's events – 3:00 p.m., Pico Ski Club deck

Awards:

- Dual GS Race: Medals will be awarded to the top 10 based on the combined time of each competitor's two runs in the dual GS for both genders.
- Awards will be presented to those athletes with the top 10 scores for the skills assessment for both genders.
- Awards will be presented at the Pico Ski Club/finish area of GS race at 3:00 on Saturday and Sunday.

Pico Mountain Information:

Lift tickets will be available for participant family members for \$45/one-day ticket or \$85/two-day ticket. Tickets are valid on March 16 and 17, available for purchase at the Pico Mountain Ticket office, and limited to two (2) per competitor's family. Tickets are also available on Friday, March 15 for participants, coaches, and participant family members for \$29/ticket – this is for Friday only.

Lodging information can be obtained by calling Central Reservations at (866) 667-7426 or viewing options listed here: [Lodging and Packages @ Pico Mountain](#)

More resort information is available at [Pico Mountain home page](#)

U12 State Festival GS *Race Day* Program – subject to change

Trail name: B Slope

Trail closure information: No free-skiing on B Slope during event.

Memberships: USSA & VARA required; VARA is governing body.

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

Officials:

Technical Delegate: Greg McClallen

Referee: TBA

Start List: Seeding will be random 1st run and reverse for second run.

Gates: 27/60 for dual GS

Program of events:

Racer Registration/Bib Collection:

Friday, March 15: 5:00 - 8:30 p.m.; location to be determined.

Saturday, March 16: 7:30-8:30 a.m., Sunshine Room, Pico Mountain Base Lodge (please use this facility for day storage)

Festival Breakfast

Saturday, March 16 and Sunday, March 17 morning: 7:30 a.m. – Pico Ski Club base lodge (pancakes and bacon or sausage) \$6.50+tax.

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: 8:30-9:15

Run 1 Duals Start Time: 9:30 AM

- Odd numbered bibs start on red course
- Even numbered bibs start on blue course

Run 2 Duals Start Time: To begin immediately following completion of first run. Participants take the second run on the opposite course.

U12 State Festival *Assessment Day Program* – subject to change

Program of events:

Racer Registration/Bib Collection:

Friday, March 15: 5:00 - 8:30 p.m.; location to be determined.

Saturday, March 16:

7:30-8:30 a.m., Sunshine Room, Pico Mountain Base Lodge (please use this facility for day storage)

Festival Breakfast

Saturday, March 16 and Sunday, March 17 morning: 7:30 a.m. – Pico Ski Club base lodge (pancakes and bacon or sausage) \$6.50+tax.

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

Golden Express Quad Lift opens: 8:30 for everyone

Inspection: 8:30-9:15 to inspect Pole Plant and One Ski Stations

First Skills Assessment: 9:45 AM

MORNING ASSESSMENTS: 9:45 AM

Trail: TO BE DETERMINED

Equipment: SLALOM SKIS

SKILLS ASSESSED: POLE PLANT and ONE SKI

There will be 1 station set up for each skill

START ORDER:

Athletes will be run in bib order for Trial 1 and Trial 2 of each skill assessed.

STATION 1:

POLE PLANT:

Trial 1 a Single Pole Plant will be done. Trial 2 the athlete may attempt a Double Pole Plant

PROCEDURE

Athletes will start on **Station 1: 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 back to **Station 1: POLE PLANT**, for Trial 2.

Trial 2 will also be done in BIB ORDER.

At the completion of Trial 2 of the POLE PLANT athletes will proceed to **Station 2: ONE SKI**.

Athletes will be placed in bib order to begin Trial 1 of the ONE SKI – RIGHT LEG.

GIRLS JUDGE 1: NVC

BOYS JUDGE 1: NVC

GIRLS JUDGE 2: SVC

BOYS JUDGE 2: SVC

STATION 2:

ONE SKI:

One Ski Station: The station will be 2 corridors side by side divided by brushes. There will be an 8-10 meter straight run into the middle of the corridor to allow skier to gain speed before the first turn. (end of straight run to be marked off with brushes) Judging will begin as the skier passes the 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.

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 of the RIGHT SKI.

GIRLS RIGHT SKI JUDGE 1: SVC

BOYS RIGHT SKI JUDGE 1: SVC

GIRLS RIGHT SKI JUDGE 2: MVC

BOYS RIGHT SKI JUDGE 2: MVC

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

GIRLS LEFT SKI JUDGE 1: MVC
GIRLS LEFT SKI JUDGE 2: NVC

BOYS LEFT SKI JUDGE 1: MVC
BOYS LEFT SKI JUDGE 2: NVC

Upon completion of the ONE SKI ASSESSMENT athletes will be done until **AWARDS** which will be begin at approximately 3:00pm out in front of the Pico Ski Club.

AWARDS: Top 10 Girls and top 10 Boys.

CRITERIA

2012-2013 Eastern Skills Assessment Scoring

Pole Plant (Single and Double) on SL Skis

1. Arms Forward
2. Use of hand and wrist
3. Quiet Upper body
4. Pole tip plant angled forward consistently
5. Proper Timing (edge release)
6. All of the above done perfectly with single pole plant
7. All of the above done perfectly with double pole plant

One Ski: SL Skis

1. Fore/Aft balance
2. Lateral balance
3. Lower/upper body separation
4. Pole Plant
5. Carving from beginning through completion of turn on both edges
6. Consistent turn shape
7. Speed Control

