

# Ragged Mountain Ski Team – JI, JII, J III's

## Kick off meeting – Nov 19, 2011

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1-1:10	Staff introductions
1:10-3:30	Dryland training for all athletes
1:10-1:25	Bob Ashton, President Ragged Mountain Resort
1:25-3:30	Presentations and club meeting for parents and staff
3:30-4:30	Meet with your coach

### Overview

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- Introductions
- JI, JII, JIII - Ski Team Overview
- “What Type of Skier do I need to be?”
- Season Schedule
- Gear
- Other Stuff

### J I, JII, JIII - Ski Team Overview

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- This is a sport of individual achievement but the JI, JII, JIII's will be a team, we will honor each others achievements and work together to get the best out of each of us.
- We are Racing-oriented, but not “ultra competitive”
- No racing experience necessary – but we expect you to put out your best
- We will all get stronger, faster as the season progress'

### “Do I Need Racing Experience?”

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- NO!
- Training will include: Skills, Technique, Running Gates (SL and GS), film review, personal plans, etc.
- Coaches – Hans Marquardt, Amy Jenness and Liz Bolton

### Season Schedule – What do I need to know?

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Review Race dates and training plans

### Gear – What do I need?

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- The minimum: skis, poles, boots, helmet (SL, GS and SG)
- You don't necessarily need race skis but if you have them we will put them to use
- GS suites are suggested
- Back protector
- Basic knowledge of ski tuning is good – we will review before the first race

## [Other Stuff](#)

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General Discussion

Setting Goals

Questions