



**Our Mission:** Through year round athlete management we develop and educate young athletes into alpine ski racers, the goal being for them to learn life lessons and skills in the process. Putting the needs of athletes first, we hope to guide the athletes physically and emotionally; helping them have fun while racing while feeling an improved self -worth by experiencing success through a process of continuous improvement.

**Pinnacle Racing** is a non-profit educational alpine ski racing program dedicated to providing top notch coaching and training in a competitive environment. We are dedicated to giving each athlete the optimal training experience by providing both on and off snow guidance, one- on- one or small group coaching, and state of the art facilities.

Pinnacle is officially registered as TFAST [Thunderbolt Federation for Alpine Ski Training].

## **Pinnacle Racing 2010-2011 Programs**

All programs include:

- Gate and drill training and coaching at Pine Knob, Mt. Holly, and other areas
- Dryland conditioning and training activities
- Lectures on alpine technique, tactics, and athlete management (goal setting and tracking)
- Periodic athlete/parent/coach conferences
- Help with equipment, including instruction on proper maintenance
- Coach service, consulting, and representation
- Video analysis
- Year- round training
- All programs require dedication, commitment, perseverance, and love of ski racing.

1) J5/J6 – Ages 7-10 years

**FEE: \$650.00**

**Trains: 2 days a week**

For those just learning to race and want to train and develop technique and tactics. No previous racing experience is required. All aspects of racing are taught, starting with the basics. We put an emphasis on having fun and getting comfortable on skis

and in gates. Full race support given at all Central Region III races. This group covers full season USSA, 3 weekend or 2 weekend racing options.

2) J3/ J4 – Ages 11-14 years

**FEE: \$950.00**

**Trains: 5 days a week**

For those just learning to race and want to train and develop technique and tactics. No previous racing experience is required. While still training in a less competitive setting, we begin to focus on the specifics more in all aspects and areas of racing. More travelling to races is to be expected. Full race support given at all Central Region III races. This group covers full season USSA, 3 weekend or 2 weekend racing options.

3) J1/ J2 – Ages 15-18 years

**FEE: \$1,150.00**

**Training: 5 days a week**

For those just learning to race and want to train and develop technique and tactics. No previous racing experience is required. While still training in a less competitive setting, we begin to focus on the specifics more in all aspects and areas of racing. More travelling to races is to be expected. Full race support given at all Central Region III races. This group covers full season USSA, 3 weekend or 2 weekend racing options.

If interested in FIS racing, this is NOT the correct group for you.

4) FIS J1/ J2 – Ages 15-18 years

**FEE: \$1,550.00**

**Training: 5 days a week**

For those who wish to race on the international level of FIS ski racing. Previous racing experience is required. This is our most intense level of training, and complete dedication and commitment is required. More travelling to races is to be expected, including missing some days of school. Full race support given at all Central Region III races, and the FIS Mid Am series held throughout the Midwest.

5) High School Additional Training Option

**FEE: \$650.00**

**Training: 2 days a week**

For those who are not racing USSA and are looking to improve your high school racing or just want to get started in racing seriously. This program gives you all the training and conditioning that is available. No USSA or FIS race support is provided.

**IMPORANTS NOTES:**

- All athletes of Pinnacle Racing are entitled to purchase a dual area season ski pass at Pine Knob and Mt. Holly for the price of a single area. Training will vary from week to week to be able to provide the best training at that time.
- Back protectors are required at all times: practice and racing.
- Training is provided as weather and conditions permit. Check the web site calendar [www.pinnussa.com](http://www.pinnussa.com) for locations, times and disciplines.
- Dry land conditioning is provided year round and highly encouraged.
- Additional fees will apply for fall and winter camps and special training sessions, which include out of region races, Junior Olympic qualifiers and Junior Olympics.