



**Our Mission:** Pinnacle Race Team develops and educates young athletes into alpine ski racers through a year-round athlete management program. Our goal is for them to learn valuable 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 and gaining 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 elite levels of 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 an USSA Central Region III club.

### **Pinnacle Racing 2011-2012 Program Options**

All programs include:

- Gate and drill training and coaching at Pine Knob, Mt. Holly, and other ski 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
- 2-3 Physical Testing events – Establishes a baseline physical assessment for each athlete, which is key to future training.
- All programs require dedication, commitment, perseverance, and love of ski racing.
- Impact concussion testing

1) J4/J5/J6 – Ages 7-12 years

**Base Fee: \$750.00**

**Trains: 2-4 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 or 3 weekend racing options. 60% of training is free skiing for skills. Ratio 1 : 6 (race to training) Conditioning focuses on aerobic training and body awareness. Athlete is working toward sound technical skis in all forms of terrain in and out of the gates, basics of course inspections.

Please note that if an athlete in this age-class chooses to participate in Junior Olympics, there will be an additional fee of \$125 for our Region's qualifying races. Further, if the athlete qualifies and participates in the National Junior Olympics, there will be an additional fee of \$250 per athlete.

- 2) J3 – Ages 13-14 years  
**Base Fee: \$1,050.00**  
**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 in all aspects and areas of racing. More traveling to races is expected. 30-50% of training is free skiing for skills. Ration 1: 5 (race to training) Conditioning will continue aerobic training with more balance/agility/coordination and begin light resistance training. Skills will increase in tactics, carving at speed, for desired turning radius. More difficult course sets and terrain in and out of gates. Full race support given at all Central Region III races. This group covers full season USSA or 3 weekend racing options. Please note that if an athlete in this age-class chooses to participate in Junior Olympics, there will be an additional fee of \$125 for our Region's qualifying races. Further, if the athlete qualifies and participates in the National Junior Olympics, there will be an additional fee of \$250 per athlete.

- 3) J1/ J2 – Ages 15-18 years  
**Base Fee: \$1,250.00**  
**Training: 4-5 days a week**

For those just learning to race and want to train and develop technique and tactics. While still training in a less competitive setting, we begin to focus on the specifics in all aspects and areas of racing. More traveling to races is expected. 15-25% of training is free skiing for skills. Ratio is 1 :4 (race to training) Conditioning involves strength and power thru heavy resistance training, with heavy aerobic and endurance training. Commitment to weight room is required. Technical and tactical refinement is continued Refinement of all movements in all terrain and disciplines. Full race support given at all Central Region III races. This group covers full season USSA or 3 weekend racing options. This is not for the FIS racers.

- 4) FIS J1/ J2 – Ages 15-18 years  
**Base Fee: \$2,050.00**  
**Training: 5+ days a week**

For those with the skill, desire and commitment to race on the international level of FIS ski racing. Previous racing experience is required. Attendance at camps is required. This is our most intense level of training, and complete dedication and commitment is required. Conditioning at all levels. More traveling to races is 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  
**Base Fee: \$750.00**  
**Training: 3 days a week**

For high-school aged racers who are not racing USSA but are looking to improve high school racing or just want to get started in racing seriously. This program gives you all conditioning that is available and 3 days per week training on snow. 50% of training is free skiing for skills. No USSA or FIS race support is provided.

## **IMPORTANT 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. We will make best efforts to set schedules for each training group and are posted on our web site calendar.
- Back protectors, helmets, goggles are required at all times: practice and racing, free skiing or gate training.
- Training is provided as weather and conditions permit. Check the web site calendar on [www.pinnussa.com](http://www.pinnussa.com) for locations, times and disciplines.
- Dry land conditioning is provided year round and required. Training log online required.
- 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.
- J.O. Qualifier's – additional \$125/athlete
- J.O.'s - additional \$250/athlete [4 athlete minimum]
- A Credit Card is required to remain on file with the club for other travel/miscellaneous fees. Every effort will be made to make you aware of anticipated fees before they are incurred.