



J6 1-Day Program: (Ages 6-8)

- This program is for athletes ages 6-8 (as of December 31, 2011).
- *Saturdays only* starting Saturday, December 31, 2011 through Saturday, March 31, 2012.
- This program *includes* the December Christmas Camp.
- Focus: This team provides an introduction to ski racing with a focus on fundamental skills/technique development while creating an environment of passion, effort, and fun.
- Athletes have the opportunity to participate in Mighty Mite Council Races at Mt. Hood Meadows.
- (Volunteer commitment applies. See below.)

Cost: \$825

J6/J5 Weekend Program: (Ages 6-10)

- This program is for athletes ages 6-10 (as of December 31, 2011).
- Saturdays and Sundays beginning December 31, 2011 and completing on April 1, 2012.
- This *includes* the December Christmas Camp.
- Focus: This team provides an introduction to ski racing with a focus on fundamental skills/technique development while creating an environment of passion, effort, and fun. *In addition*, this team provides an introduction to travel. Athletes will travel with parents.
- Athletes have the opportunity to compete in the Mt. Hood Mighty Mite Council.
- (Volunteer commitment applies. See below.)

Cost: \$950

J4 Weekend Program: (Ages 11-12)

- This program is for athletes ages 11-12 (as of December 31, 2011)
- Saturdays and Sundays beginning December 3, 2011 and finishes on April 31, 2012.
- *Includes* the December Christmas Camp.
- Focus: Fundamental skills/technique development while creating an environment of passion, effort, and fun. *In addition*, this team provides an introduction to travel. Athletes will travel with parents.
- Athletes have the opportunity to compete in the Mt. Hood Mighty Mite Council, as well as additional regional races.
- (Volunteer commitment applies. See below.)

Cost: \$1150

J4 Full-time Program: (Ages 11-12)

- This program is for athletes ages 11-12 (as of December 31, 2011).
- This program includes fall dryland, fall/spring Timberline training, and weekday/weekend training at Mt. Hood Meadows Ski Resort.
- Focus: focus on skills/technique development while creating an environment of passion, effort, and fun. *In addition*, this team provides an introduction to travel. Athletes will travel with parents.
- Athletes have the opportunity to compete in the Mt. Hood Mighty Mite Council, as well as additional regional races.
- (Volunteer commitment applies. See below.)

Cost: \$1750

Junior Weekend Program: (Ages 13-21)

- This program is for athletes ages 13-21 (as of December 31, 2011.)
- This program begins December 3, 2011 and finishes on May 30, 2012.
- *Includes* all scheduled MRT weekend training days and the December Christmas Camp.
- Focus: Our J3 athletes (ages 13-14) are in the transition to competition phase of our sport with the emphasis on attitude, effort, and fun.
- Our FIS age athletes (15 and older) move into the competition skills phase with the emphasis on dedication, effort and fun.
- (Volunteer commitment applies. See below.)

Cost: \$ 1450

Junior Full-Time Program: (Ages 13-21)

- This program is for athletes ages 13-21 (as of December 31, 2011.)
- This program includes fall dryland, fall Timberline training, and weekday/weekend training at Mt. Hood Meadows Ski Resort.
- Focus: Our J3 athletes (ages 13-14) are in the transition to competition phase of our sport with the emphasis on attitude, effort, and fun.
- Our FIS age athletes (15 and older) move into the competition skills phase with the emphasis on dedication, effort and fun.
- (Junior Full Time Volunteer commitment applies. See below.)

Cost: \$2225

High School Program: (High School Student/Athletes)

- This program is for High School Student/Athletes
- This program includes training on Sundays in January and February and any USSA/FIS races that MRT attends (standard away race fees apply.)
- Focus: The High School training program is built around the OISRA athletes and race schedule. This program will have a dedicated staff and will train with the Junior Program whenever it makes athletic sense.
- (There is no volunteer commitment for this program.)

Cost: \$950

College Program: (College Students/Athletes)

- This program is for College Students/Athletes.
- College athletes can choose 16 days anywhere in the 2011/2012 season to train/race with MRT (standard away race fees apply.)
- Focus: The College Program is designed to allow college athletes who have grown up in the area and/or are attending college in the region to develop a training/racing calendar to meet their individual academic and racing needs.
- There is no volunteer commitment with this program.

Cost: \$950

Volunteer Commitment

Meadows race team has a long and proud history of hosting the highest quality ski races. Races at Mt. Hood Meadows Ski Resort ensure a fun and successful experience for our youngest athletes and gives our older athletes the opportunity to compete in high level FIS races on their own hill.

The goal of the volunteer commitment is two fold. First is to continue providing high quality ski races. Second is to keep program fees to a minimum (revenue created through our higher level races is a critical part of the MRT annual budget.)

We require a \$400 volunteer deposit check at the time of enrollment. This check will only be cashed if volunteer commitments are not fulfilled. Volunteering for races is a fun and exciting way for families to be involved with the sport of ski racing.

Check out the following website for a list of some volunteer opportunities:

<http://www.ussa.org/magnoliaPublic/ussa/en/formembers/officials/education.html>

- Weekend/One Day Programs require 4 volunteer days.
- Any family member or friend can serve on any MRT race day. Example: If you bring three friends or family to help on race day, this would count as your 4 volunteer days!
- Race days will be posted in the Fall. Race Volunteer positions are limited per race and are first come, first serve.
- Full Time Programs require 5 volunteer days. Any family member or friend can serve on any MRT race day. Race days will be posted in the Fall. Race Volunteer positions are limited per race and are first come first serve.

Away Race Fees

Away race fees help cover coaches expenses for away races (lodging, travel, food, etc.) Away race fees are applied to any race that is not on Mt. Hood Meadows Ski Resort, Cooper Spur Resort, Ski Bowl, or Timberline.

- Weekend, One Day, High School, and College Programs require a \$75 away race fee plus \$40 per race day.
- Full Time Programs only require \$40 per away race day.