



Mt. Mansfield Ski and Snowboard Club

Attention! All Alpine Ski Racers...

Next season starts now.

With the 2012 race season over, it may seem like the time to change gears and relax. No way! For the serious ski racer, it is the beginning of the 2013 season. Your success in reaching your competitive and improvement goals for the 2013 season depends on the physical conditioning, technical improvement and mental focus training you do this summer and fall. You need to confer with your coaches, access your 2012 season and map out a training program that will support your 2013 goals. An intensive physical

strengthening program throughout summer and fall is essential. Only a dedicated program will give you the strength and power you need to maintain, in order to succeed. Additionally, on-snow summer and fall training is the best way to improve technically as you can focus solely on fundamentals without the pressure of racing.

To be the best racer you can be, you must be committed year round. So after a week or two off to rest and enjoy the Spring, confirm your plans and get started!

In order to support our athletes with the necessary off-season training, MMSC is offering the programs listed below.

Detailed Information is on the MMSC Web Site: teammmsc.org.
Look under Programs / Training Camps

Les Deux Alps, France

June 14 – 26.

Open to all MMSC Athletes

Summer Strength and Conditioning Program

June – November

Open to all MMSC Athletes

Vail, Colorado

November 23 – December 4

Open to all MMSC Athletes



*Kelsey Chenoweth at the J2 National Championships
Overall J2 National Champion*