



**2025 Central Council U12/14 Flight/Speed Training
February 1st**

Trail: Chopsticks

Membership Requirement: USSA & NYSSRA

Class: U12, U14

Entry Fee: \$45/Athlete

Entry Procedure: Registration at www.adminskiracing.com. No in person or Day of Registrations.

8:00 AM - Main Lodge Opens

8:30 AM - 8:45 AM - Team Captain Bib Pick Up Main Lodge Lower Level Front Door

9:00 AM - Lift Open - Athletes and coaches

9:15 AM – Team Captain’s Meeting, at race venue entrance

9:00 AM - 9:30 AM - Athletes Free Run/Warm Up - (No skiing on training venue)

9:30 AM - 11:30 AM - Training/Skills at Stations

Break and lunch

12:15 PM - Course Inspection by Team

12:50 PM - Full Course Runs

2:30 PM - Approximate completion

Times are subject to change.

Athletes must have their ski pass and race bib on at all times. Please return bib at the end of the race (finish area) or a lost bib fee will be charged. The lift safety bar must be down at all times when riding the lift.

Skill Progressions

- Starts
- Jump - varying speed and angle
- Speed - maintaining speed through varying pitch and gate sequences
- Yellow flag rules
- Tuck position
- Finish - proper technique



Athlete Safety

U.S. Ski & Snowboard works to provide a safe environment in which athletes can train and compete, free from abuse and inappropriate behavior.

Please review U.S. Ski & Snowboard's [Athlete Safety](#) policies, the [SafeSport Code](#), and the Minor Athlete Abuse Prevention Policies ([MAAPP](#)).

If you are an athlete who has experienced inappropriate behavior or know of an athlete who has experienced inappropriate behavior, please report to the U.S. Center of SafeSport [HERE](#) or U.S. Ski & Snowboard [HERE](#). All adult participants are mandatory reporters. Reporting violations may be made anonymously and there are no fees for reporting. We all are part of promoting a culture of safety through education, listening, and speaking up.

For reporting requirements and links to reporting, please go [HERE](#).