

mmsst

2010 - 11 Ski Team Early Season News

Equipment weekend - October 23rd and 24th

Hello All,

Set aside this weekend (Oct 23 & 24) if you need equipment or gear for the season. Many of the local Mammoth ski shops offer great support to our Junior Team athletes. Inside this newsletter, you will see the shops that participate and support our teams. Coaches and manufacture representatives are on hand to offer assistance. Also, this is an important weekend for the J 1 thru 3 ski team athletes - they will be physical testing both Saturday and Sunday at Snowcreek Athletic Club. Please see the information enclosed from the specific J 1 thru 3 staff. We have some fun photos to share of our cycling athletes too. Many of these athletes have spent a good deal of their summer training on the bicycles, running trails, running 10Ks, weight training in the gym, and covering some of Mammoth's finest back country trails for hiking. We had a group of athletes travel to New Zealand this summer for some excellent on snow training. Their experiences are not to be forgotten.

We are now into fall which means winter is just around the corner. Wax up those skis!

We look forward to seeing you all here in Mammoth.

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MMST - Cycling Team; morning of High Sierra Fall Century ride.

Surefoot™

Surefoot is proud to continue our outstanding relationship with the Mammoth Mountain Ski Team for the winter of 10/11.

Surefoot will continue to offer our popular year round Growing Pains program, as well as any technical support needed throughout the season.

Here's how the program works:

- If within two years of the date of purchase of a pair of ski boots, the buyer outgrows the boots (in size), they can return the boots for a 50% credit toward the purchase of the new pair of boots. In addition, any child still in their growing years can purchase a Surefoot orthotic along with ski boots and if they outgrow the Surefoot orthotic they can get a new one with the purchase of a ski boot at no charge.

Mammoth Surefoot will be stocking Nordica, Lange, Salomon and Tecnica junior/adult race boots. We will also be carrying a selection of junior free ride boots. Once again, we will have a full selection of POC helmets, goggles and protective gear for racers and free riders.

Look forward to seeing everyone soon.

Thanks, Todd Koenig
Manager Surefoot Mammoth
760-924-8333
mammoth@surefoot.com

Emilyanne
Clancy, Madeline
Riffel, and Nata-
lie Riffel

Making their way
through the Fall
Century ride.

The day was a
gorgeous day for
a ride.

All photos are the courtesy of Susan
Morning Photography. Thank you!



Main Lodge Mountain Shop

Below is a sampling of gear and equipment we carry:

Boots

Head - K 2 - and possibly Nordica

Skis

Head - K 2 - and Nordica

Bindings

Tyrolia and Marker

**Our discounted pricing for all Junior Team members will be valid thru January 2011
Jr Team Members will also receive 20% off on items needed for the athlete
“gloves, helmets, face protection, thermals, goggles, socks, poles”**

Any Questions please call Chop or Ray

760-934-0677 or email gpatric@mammoth-mtn.com



Coach Kevin Francis over seeing young Justin Wallasch make his way around the Fall Century course.

J3's

Hello to all the J3's, hope you had a great summer and are keen to get going for the winter, it's not far away. With that in mind, I wanted to remind you all about getting the right equipment for the season. There are several sources available to you, so there is no excuse for getting on the wrong gear. My recommendations on ski length are on the website;

<http://www.mammothmountain.com/MountainActivities/WinterActivities/SkiTeam/>

under [Graduating J4 Equipment](#).

Included in this Newsletter is information about the equipment weekend here in Mammoth, where your coaches will be available at the ski shops in town to help you with the right equipment.

And I am now in the office for the season so you can contact me with any questions you might have;

kbrownlie@mammoth-mtn.com 760 934 2571 ext 3438

I also have Head slalom and GS skis available at the recommended lengths, if you are interested just give me a call. So this year there are more resources than ever before to help you get the season off to a great start with your equipment. Don't hesitate to get in touch if you have any questions. And if you are curious about the race calendar to help with school planning check out the far west website;

<http://www.fwskiiing.us/Competition/Schedule/J3.htm>

You should all be planning on going to the Wild West Series and as many of the Open races as you can. Again, call me if you have specific questions.

Enjoy the rest of the summer, skiing's coming!!!

Kerry.

It is official - the J 1- 3 ski team athletes have developed into a cycling team too.

Kerry Brownlie designed the team jerseys and worked with the Louis Garneau Company to help the team truly feel like a team when riding in events and on training rides.

The team has enjoyed some great sponsorships from Footloose Sports and the Sierra Cycling Foundation.

NEVER SURRENDER!



Fall Physical Assessments

Fall physical assessment is scheduled for: October 23 - 24.

This assessment is aimed at J1- 3 Alpine and Free Ride athletes (YOB 1997 and older), mandatory if you intend on participating in any Alpine Western Region Project during the next year. The testing will be available to J4 - 5 athletes who are interested. The assessment is designed to help the tracking of our older athletes who have been training specifically over the summer. We can gauge where they are in preparation for the competition season. The weekend will be comprised of testing both Saturday and Sunday; looking at body composition, aerobic and anaerobic capacity, flexibility, explosiveness and core strength.

The tentative schedule will be:

Saturday 23rd 8:30am - 12 noon.

Sunday 24th 8:30am - 12 noon.

We will be running the assessment at Snowcreek Athletic Club - everyone will need to sign in each day. If you are not a member there will be a daily fee and a parent will need to sign a release (when you RSVP we will email the liability to you).

Please wear appropriate athletic clothing - running shoes, shorts, t-shirt, etc. Bring something warm to wear after the test, and please make sure you have a water bottle.

Please RSVP to the Ski Team Office by October 15th so that we can plan for the test. If you are only able to make one day please advise with your RSVP and we will find a way to accommodate.

Please let me know if you have any questions.

Ali Bombardier

J1-2 Coach Mammoth Mtn Ski Team

email: abombardier@mammoth-mtn.com

Ph (760) 934 2571 x 3434

2010 - 11 Season @ Kittredge Sports

We are still offering the same great companies,

Skis: Fischer, Rossignol, Volkl, Elan - twin tips available all at great prices for the fun days.

Boots: Fischer, Rossignol, Tecnica, Lange - custom footbeds at two levels.

Bindings: Fischer, Rossignol, Marker, Look - comp springs and plates.

Poles: SL, GS, DH from Rossignol, Fischer, Komperdell, and Scott

CLOTHING AND ACCESSORIES: Descente, DH suits; Spyder, GS suits; Under Armor; POC - helmets and protective gear. Rossi - race accessories. Superfeet.

WAX: Swix, Toko, and Holmenkol - waxed and tuning gear.

NEW * Hot Box Special - done right, a complete program to prep your skis like the World Cup.

As always, The great Kittredge trade in program on skis and boots along with buy it once footbed program from Superfeet.

Reps and Technicians will be on hand during the weekend of October 23 and 24. Any questions, please call Tom at 760-934-3399 or email me at tom@kittredge.net

Equipment Guidelines for the younger athlete:

The key points that you will need to share with our Retailers and Reps are: Athlete's ability and intensity, Age, Weight, and Height (in centimeters to the top of head and to nose level). This will make it easier to recommend boots that will flex easily, as well as appropriate type of skis. A general rule of thumb is that J5's and younger will need only one pair of skis, these should have a slalom type sidecut. J4's and older (depending on commitment level) will generally look at event specific skis i.e. 1 pair for Slalom and 1 pair of Giant Slalom. Safety equipment is a key component for all. We recommend spine protectors for all Freeride and J3 and older athletes.

COMMAND PERFORMANCE FASTSKI SPORTS

- Atomic Spyder Dainese
- Fischer Slytech Marker
- Uvex Holmenkol Carrera
- POC Sun Valley Tools Leki
- Swix Reusch Hestra Shred
- Nordica Stockli
- SRD (Ski Racing Development)
- And more

WE BELIEVE IN AND SUPPORT SKI
RACING

FEATURING SKI TUNING BY:
WINTERSTEIGER

AND MASTER TUNER
JIMMY MORNING
IN ATTENDANCE

"Your Race Gear Headquarters"
1-800-fastski
760-934-4447
Emily and Robin Falkingham

By the Chart House
126 Old Mammoth Road
(New Location - next to the Good Life Café)

The Footloose Kids programs and products for the 2010-2011 ski season

On October 23rd and 24th Junior Pro Weekend kicks off the 2010 - 2011 ski season with products from these fine boot manufacturers: Atomic, Fischer, Nordica, Lange, Dalbello, Tecnica and Rossignol.

Ski manufacturers contributing to the cause are: Nordica, Dynastar, Volkl and Rossignol.

All are current FIS dimensions.

Additionally we will have protective gear and race poles from Leki, Rossignol and Scott and Poc Helmets.

Boot fitters will be on hand to fabricate Superfeet footbeds and take care of fitting and alignment needs. Binding mounting/testing and ski tuning services will also be available at Race Team discounts.

Race Team Coaches will also be here to confer with.

For those eligible for products on the form, pricing is available at Race form, for those not on the race team pricing will be at 30% off of retail.

We offer product buy back and replacement deals for footbeds.

Join Us! Tony Colosardo and Corty Lawrence
Footloose Sports
(760) 934-2400