

2008-09 MAMMOTH MOUNTAIN SNOWBOARD TEAM

Team Overview

“The MMST is an effort-oriented program dedicated to the development of our athletes in all areas of their lives”

Every Snowboard program in the world wants to produce top-level athletes. The Mammoth Mountain Snowboard Team is no different. We have the facilities, the people, the mountain and equipment, the community and the contacts nationally to move our athletes onto US Teams. If an athlete has the talent, motivation and develops the skills to excel in his or her sport, National Team selection can be a reality.

This is not our only goal however, what is equally important to us is developing good people of our athletes. We teach and promote the life skills required to participate in American society. Academics, responsibility, self-confidence, athletics and strong work ethics are all blended into the MMST experience. Our vision is that each individual will develop to his or her full potential in whatever direction they pursue.

We challenge our athletes to push themselves toward their athletic goals. We encourage them to put their academics at the top of their priority list

They will interact with Coaches, Teammates, Parents and Event Organizers as well as Teachers and Mountain Employees. They will learn to organize themselves and their time, handle money and equipment, and to act as a representative of the Mountain and the Community. They will be taught to respect other people and property, to be part of a Team and develop Team Spirit. Success will be viewed as achievement and improvement rather than a placing on the result board.

We ask our athletes to work, but in a fun and enjoyable way so that they want to return tomorrow, next week, and next year.

Notes on Supervision

Except for Mini Shredders, there are many times when the coaches do not directly supervise the athletes. Lunch breaks are never supervised. Most Race / Competition days the coaches will need to be at the start for the majority of the day and the athletes will make laps and take lunch without supervision. Training day examples are when the coach decides to remain in place on the slope and have the athletes make laps while he or she watches. Other times the coaches may send the team back to the lodge while they pack up the gear on the training hill, or have the team meet them at a specific trail so they can get the training site prepared before the group arrives. These are ways our team members learn to be responsible for themselves and each other. The older the athlete, the more time they will have without the coach's direct supervision.

Ability Assessments

To ensure all participants are of the minimum standard for a training group, all new team members will need to pass an ability assessment with a coach prior to receiving their uniform and joining the training group. This is to avoid the situation where one weak athlete is slowing down the group and limiting the progress of everyone else. Assessments can be scheduled through the Snowboard Team office once Mammoth Mountain opens. Some evaluations may take more than one day.

Attendance Requirement

Snowboard Team members must attend 25% of the available team days throughout the season.

The hope is that athletes will attend 100% of the sessions but we understand other commitments can get in the way. Our only hope is that we have athletes in the program who are serious about improving their riding and want to progress with the group.

Snowboard Team

The Mammoth Mountain Snowboard Team has a history of producing some of the best riders in the world. Since the Snowboard Team originated, Team members have regularly moved on to the U.S. Snowboard Team and competed at top-level international events including the Olympics. Today the Team trains alongside the U.S. Team and other national teams several times a year here at Mammoth. Our coaches have a close rapport with the U.S. Coaches and are able to keep abreast with the latest changes and developments in the sport. Over the years the Vans Unbound USASA Series has produced talent such as Olympic athlete Mason Aguirre, Eric and John Jackson and most recently Greg Bretz who has secured a spot on the US Team at the age of 17.

Developing the skills for snowboarding competition is the primary focus of our team. The Team consists of different age categories. Within these categories are different skill levels and focus based groups. The coaches will put the riders in groups best suited to each individual's skill level and focus. Riders may be moved from one group to another at times and groups may be mixed occasionally. All Snowboard Team members will need to join the USASA and Competition Team riders will need USSA and possibly FIS memberships as well.

Mini Shredders 6 to 8yr Olds

This Team is for the young riders who are working to develop the fundamental snowboarding skills in a safe and fun, "Team" environment. Their training will include the events of Halfpipe and Slopestyle, and they will also be introduced to Boardercross, Slalom and Giant Slalom. About 50% of their training time will be spent freeriding around the mountain looking for powder, trees and steeps, and cruising the groomed runs. Freeriding is important for attaining mileage necessary to practice and refine the skills the coaches have taught. Their competitions are the USASA Unbound events at Mammoth and June Mountain and potentially USASA Nationals.

The Mini Shredders Team will begin training on Saturday, November 22nd. They will ride from 9:30am to 3:00pm weekends and holidays. The last day of training will be March 29th.

Minimum skill requirement for the Mini Shredder Team

The athlete should be able to link smooth consistent turns from the top of Chair 1 down Broadway with a solid basic stance without stopping. They must also be able to ride the groomed runs off Chairs #3 and #5 comfortably and should be attempting fakie turns on flatter terrain. All Riders must meet the minimum riding ability of the Team and display some independence such as being able to do up their own bindings and meet a spots on runs designated by their coach. All new Team members must pass a snowboarding ability assessment with a coach prior to receiving their uniform and joining the group.

Snowboard Development Team

The Development Team is typically for the younger riders who are working to develop the fundamental snowboarding skills in a safe and fun, "Team" environment. Their training will include the events of Halfpipe and Slopestyle, and they will also be introduced to Boardercross Slalom and Giant Slalom. About 50% of their training time will be spent freeriding around the mountain looking for powder, trees and steeps, and cruising the groomed runs. Freeriding is important for attaining mileage necessary to practice and refine the skills the coaches have taught. Their main competitions are the USASA Unbound events at Mammoth

and June Mountain and potentially USASA Nationals. All Riders must meet the minimum riding ability of the Team. The Development Team will be broken into groups relevant to skill level and competition focus.

The Snowboard Development Team will begin training on Saturday, November 22nd. They will ride from 9:30am to 3:00pm weekends and holidays, and beginning January 12th 2:00 to 4:00 pm Wednesdays and Thursdays. The last day of training will be March 29th.

Minimum skill requirement for the Development Team

The athlete should be able to link smooth consistent turns from the top of Chair 1 down Broadway with a solid basic stance without stopping. They must also be able to ride the groomed runs off Chairs #3 and #5 comfortably and should be attempting fakie turns on flatter terrain. All new Team members must pass a snowboarding ability assessment with a coach prior to receiving their uniform and joining the group.

Snowboard Junior Team

This group will consist of two groups Competition Team and Training Team. Their focuses will differ slightly.

The Competition Team will be the more advanced athletes intending to compete at the highest level possible. Training focuses on refining snowboarding skills, learning difficult and complex tricks and developing routines for competition. This group uses video equipment extensively and trains in Halfpipe, Slopestyle, Boardercross, Slalom and Giant Slalom. Their freeride time averages about 40% of the time on snow and competitions range from the Unbound USASA events and Nationals to the Grand Prix Tour and Revolution Tour.

Selections for this group will be made by the coaches in November and will be based on ability, attitude, commitment and motivation towards competition. An athlete who shows the effort and ability may move into this group mid-season.

The focus of the Training Team will still be competition based, but in a more relaxed environment. These riders may choose a lighter competition schedule centered on the local USASA events. The emphasis of this group will be to have fun at competitions and training while improving snowboarding skills and ability in general. They will also train in Halfpipe, Slopestyle, and Boardercross, Slalom and Giant Slalom they average about 40% of the time freeriding.

The Snowboard Junior Team will begin training on November 15th. They will ride from 9:30 to 3:00pm weekends and holidays and 2- 4pm Monday through Friday, **except Tuesday**. This team finishes on April 19th.

Minimum skill requirement for the Junior Team

The athlete should be able to comfortably link smooth consistent turns down the face of Chair 3 or Cornice Bowl with a solid basic stance. They should also have the concept of basic carving and fakie riding on the flatter sections of Broadway. They must also display basic park and pipe skills. All new Team members must pass a snowboarding ability assessment with a coach prior to receiving their uniform and joining the group.

Junior Elite Team

The **Elite Team** is reserved for the highest caliber athletes who have the benefit of a flexible schooling schedule. This Team is based 100% around competition and focuses on refining snowboarding skills, learning difficult and complex tricks and developing routines for competition. Competitions range from the Unbound USASA events and Nationals to the Grand Prix Tour and Revolution Tour. This group uses video equipment extensively and trains in Halfpipe, Slopestyle, Boardercross with some dry land training also.

The Elite Team would begin November 10th and finish April 9th, training Monday-Friday 9am-1pm. The weekends would be reserved for off days or competitions.

Selection for Elite Team

Selections for this group will be made by the coaches in November and will be based on ability, attitude, commitment and motivation towards competition.

Masters Program

This group is new for this coming season and is set up for older snowboarders who want to ride with a coach and improve their technique. Fun and experience is the main focus of this program from riding powder lines you never knew existed to learning the skills to land your first jump. This program is not competition based but riders will receive coaching in all disciplines of snowboarding - Freeriding, Freestyle and Racing.

The program will run from November 29th and finish April 11th, training weekends and holidays from 9:30am to 3pm. There will be no uniforms required for this program and attendance is flexible.

Minimum skill requirement for the Masters Program

Riders should be able to link smooth consistent turns from the top of Chair 1 down Broadway with a solid basic stance without stopping. They must also be able to ride the groomed runs off Chairs #3 and #5 comfortably and should be attempting fakie turns on flatter terrain

If you are interested in this program but want more information contact the Snowboard Team office.