



Sugarloaf Mountain Ski Club

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Joan Dolan-CVA,
and Jim McCormack-SMC



Doug and Mary Collins have their book signed by John Christie at the Comp Center during Homecoming. Seated next to Christie is SMSC Board Member Joe Tutlis, helping out and listening to the tales grow taller and taller.

Bring on the snow!

A message from SMSC president, Bruce Miles

Homecoming 2007 is a memory now, but it is a great one. The high points of the weekend were many. Besides seeing old friends and catching up on what they did over the "summah," there was a lot going on.

The big event of course, was the debut of the eagerly anticipated *The Story of Sugarloaf*, by former Ski Club president and current member, John Christie. On Saturday and Sunday John greeted new and old Sugarloafers and was in his element as he signed their books and recounted stories of Sugarloaf's early years. He personally autographed more than 500 copies of his book.

John Diller's annual update at the Sugarloaf Inn drew a huge crowd. Everyone I talked to said it was the most upbeat session that they can remember. John seemed very excited about the future of our mountain and the commitment of the new owners. The enthusiasm among the mountain staff came through over and over again throughout the weekend.

The Ski Club social hour on Saturday at the Competition Center was very well attended. Many good conversations were had by all. Once again the enthusiasm about the upcoming season

was evident. Thank you to Nancy Holliday and her social committee for bringing us together for this festive event.

Another big thank you goes out to Kathy Brown. Kathy volunteered this fall to process and update all of your memberships. This is a lot of work and is greatly appreciated.

The season ahead is jam packed with many social and competitive events. The big one of course, will be the U S Alpine Championships which is coming back to Sugarloaf in March, 2008. If you'd like to volunteer for that event or any of the others, be sure to let Laurel Lashar know at llashar@sugarloaf.com. Most events are listed on the Sugarloaf.com website calendar.

The Competition Center and the Ski Club will be hosting a volunteer sign up party during Thanksgiving weekend on Saturday afternoon, November 24 at 4:30 PM. Come on over even if you are just interested in learning more about possibly volunteering on the many events.

Hope to see you on the hill soon, and thank you to my Sugarloaf friends for your support this Fall. ▲

Preliminary SMSC Social Events '07-'08

Ideas for additional social events are welcomed. Please email your thoughts to the Club at sugski@tdstelm.net

Competition Volunteers

The ski season is upon us and the Competition Center is gearing up for a busy year of Alpine Racing, Freestyle and Snowboard events.

By Lev Steeves

January:

Saturday, Jan. 26th Annual Meeting

To be held at the Sugarloaf Golf Clubhouse beginning at 5:30 pm with dinner and a speaker. Pick up your free tickets early; the number is limited due to space constraints on the building.

February:

Tuesday, Feb. 19th Vacation Week Ski Club "kids" Pot Luck Supper.

Child-friendly event from 5:00 pm to 6:30 pm. Each child must bring an adult and a covered dish to share. Fireworks follow potluck supper.

March:

Saturday, March 1st Wine Tasting and Educational Evening

To be held at the Sugarloaf Golf Clubhouse from 5:00 to 7:00 pm. A limited number of tickets are available. Price is yet to be determined.

Saturday, March 29th The Annual Snow Ball

To be held again at the Sugarloaf Inn, with music by Elmore Twist. A limited number of tickets are available. Price to be determined.

Saturday, March 29th MARA Cookout

To take place at the bottom of Comp Hill. ▲

This year Sugarloaf is hosting some extra events, a Nor-Am speed week and, of course, US National Alpine Championships. During Nationals we will need up to 120 volunteers on Slalom day and about 100 on the other days. The assistance of volunteers makes these competitions happen and your help will be appreciated.

There are many positions, on and off the hill, that do not require extensive knowledge of Racing, Freestyle or Snowboarding. We need help in registration, time recording, crossing protection and hospitality. These require more common sense and life skills than particular knowledge of the events. The other positions, such as hand timing, gatekeeping and judges/starters assistants, can easily be learned. There is also a need at almost every event for course crew workers who have strong skiing skills.

US National Alpine Championship (March 19-26) is a large event and the above mentioned numbers of volunteers are needed to ensure the success of the event. It is really fun to be part of this exciting week meeting the athletes and officials from the US Team as well as the aspiring athletes. This competition will need people to look after on-hill hospitality (about 8), registration (about 6), gate judges (15-25), people to erect and move banners (about 6), course workers (30-50) and so on. Many of those who assisted at the Nationals in 2006 have become more or less regular volunteers at other events and are pleased to participate.

The Competition Center is holding a Kick Off Party for volunteers on Saturday afternoon November 24th at 4:30. Come along and meet with the the regular volunteers and Comp Center staff. You will find a great camaraderie within this group and newcomers will be warmly welcomed.

There are also some tangible benefits for volunteering and we will be pleased to explain them to you. If you wish to have your name added to the list of volunteers drop in at the Comp Center and see Laurel or myself and we will be pleased to "sign you up".

If you have questions before the ski season gets underway send us an e-mail: llashar@sugarloaf.com or leveretti@canada.com. ▲

Tin Mountain Round Up

Sugarloaf's Annual Tin Mountain Round Up canned food drive, is scheduled for opening weekend, November 17-18. During that weekend, guests who bring three canned food items can purchase a discounted lift ticket for just \$24.

This event offers great savings on lift passes in an effort to build a mountain of canned food to benefit the local food bank. The Tin Mountain tradition began in 1987 and has become a favorite event for Sugarloafers. It generates more than 3,000 cans of food each year for the United Methodist Economic Ministry in Salem. Even if you don't need discounted lift tickets this is a great way to clean out the pantry and help those in need. Help us build a large mountain of tin cans and enjoy the great early season skiing and riding at Sugarloaf. ▲



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Mountain Events

Getting back on the slopes is reason to celebrate so to welcome the 2007-08 winter season, Sugarloaf is throwing a party for Kick Off Weekend, Nov. 16-18.

The fun begins at 6 am on Friday, Nov. 16 when Tom O and Mr. Mike from WTOS-105.1 FM take their morning show on the road and broadcast live from the Widowmaker Lounge. At 8:30 am, WTOS contest winners will kick off the winter season by making first tracks down the mountain. Throughout the day the entire on-air team will broadcast live from Sugarloaf where fans are welcome to be a part of the show.

The Widowmaker Lounge has planned a special opening day après ski event with music from local favorite Gristlestick. From funk to blues, reggae, rock, folk and hip hop, the band reaches across genera-

tions and clamps them together. Gristlestick will close out the ski day and perform from 3-6 pm.

On Saturday, Dec. 8, the legendary Jefferson Starship along with special guests Maine's own Outerspace Band, will launch the Bud Light Concert Series. Tickets are on sale now at Guest Services.

Also that weekend are Sugarloaf's Annual Demo Days when representatives from the major ski and snowboard manufacturers will be on hand to get you out on their latest products. Guests are welcome to demo as many skis and snowboards as they want at no cost. It's a great way to

find the perfect ride that fits your style.

Inside in the Sugarloaf Mountain Hotel all weekend long is the annual Holiday Gift Bazaar where you can find unique and handcrafted items for everyone on your holiday shopping list.

Friday, Dec. 28, is your chance to light the night sky and join the fight against cancer in the fourth annual Carry the Torch for the Cure Torchlight Parade. In this truly unique event, skiers and riders take to the slopes after dark and lead in the night's holiday fireworks celebration. The Carry the Torch for the Cure is open to all skiers and riders who are at least 18 years old, comfortable negotiating black diamond terrain in all conditions and make a minimum contribution of \$50 to the Martha B. Webber Breast

Cancer Center. In addition to a winter experience of a lifetime, all participants will receive a commemorative special edition Sugarloaf Charity Summit garment. All proceeds will benefit the Webber Center, which provides breast cancer screening and treatment for women in western Maine. This year's event is scheduled for Friday, Dec. 28, 2007 to coincide with the festivities of the Christmas holiday week. Immediately following the parade and fireworks, join comedians Tim Sample along with the Maine Hysterical Society for family comedy night in the King Pine Room. These Maine-based humorists will have the entire family rolling in laughter from start to finish.

For more information and the latest listed of everything happening at Sugarloaf, visit us online at www.sugarloaf.com.

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Nordic comes to CVA

Carrabassett Valley Academy is pleased to offer a weekend Nordic program for J1, J2, J3, and J4 (ages 10-18) skiers for the 2007-2008 winter.

Since the focus of J3 & J4 Nordic athletes is very different than those of high school competitors, CVA will be offering two programs for these different age groups, designed to support and challenge all skiers. Although the two programs will be organized quite differently, the overall goal is to integrate the sport of Nordic skiing into athletes' lives in fun and rewarding ways!

The J3 & J4 program is geared toward those who enjoy being outdoors and want to have fun while improving their skiing technique. Instruction is tailored to various ability levels and will interest and challenge

those who are beginners as well as those who have been skiing for many years. Daily sessions will include game-based technique instruction, nutrition education, and middle-distance skis. The program will provide coaching in both skate and classic technique with the goal of developing fundamental skills while providing a fun and supportive atmosphere. The program will include beginning race education with emphasis placed on developing a healthy lifestyle and long-term fitness goals.

The J1 & J2 program is designed to provide additional

opportunities and support for athletes who are already part of a high school team, as well as for athletes without a team who would like to learn about the sport and develop fundamental skills. This program is open to anyone who wants to take their racing to the next level, to compete to their fullest potential, and to experience a deeper connection to this amazing sport. Practices will be technique-intensive, using video analysis, on snow drills, and racing scenarios to refine and perfect efficient form. Coaches will work with athletes on developing good nutritional and lifestyle habits, effective mental preparation



Abby Weissman

skills, and healthy attitudes towards competition.

The J1 & J2 program's competition focus will be the NENSA Junior Olympic qualifiers. For athletes that aspire to compete at junior nationals, we provide a season long racing and training plan focused on that goal, and full race support at all the Eastern Cup events, including top of the line waxing and ski prep.

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gram will be coached by Adam Masterman and Abby Weissman. Adam has been coaching junior nordic skiing for seven years after competing for Mt. Abram High School and Bates College. He created Parmachenee Nordic Club which provided training and race support for top level juniors in Western Maine. He currently works as an art teacher in the local elementary schools. Abby teaches English at CVA and has been an endurance athlete for half her life. She is extremely excited to be part of the program and coaching one of the sports that she is so passionate about.

For more information please contact Abby Weissman at aweissman@gocva.com or at 207-237-4515. ▲

Get that ski boot to fit!

Many people do not realize it, but your boot fit is probably the most important aspect of improved skiing.

By Scott Hoisington - Sugarloaf Ski Shop

When your feet are comfortable, warm but in a snug fit you will have more success in holding your edge. The snug fit is important, as it allows more immediate contact when you try to rotate your ankles as you edge your skis. With the new design in skis, lateral movement of your ankles, knees and hips while maintaining balance is important to skiing with less effort, allowing you to ski longer runs and more hours each day.

Like personalities, everyone's feet are different. Many people have "pronated" ankles, which affects the arch of your foot as well as the alignment of your ankle in the cuff of the

boot. This pronation can be corrected by a foot bed and/or a versa wedge under the foot bed. We highly recommend some type of foot bed, even if you have feet which are correctly aligned, as it will improve the comfort of your skiing while improving the "snug" fit.

Our most satisfied guests are those who develop a partnership in the boot fitting process. It is a rare occurrence when a guest purchases a boot and does not come back to see us to have the boot adjusted.

Our most satisfied guests are those who visit us the most. At the Sugarloaf Ski Shop, we

have what we call a guaranteed fit. This means as long as you own the boot, we guarantee we can make it fit you by adjusting the boot. There are several adjustments you can make to customize the fit and performance of any boot. The last tip I will pass on is: It is easier to make a ski boot larger through stretching the plastic than it is to make a boot smaller through padding. We hope this helps you out in your knowledge of purchasing a boot, and remember if you build a relationship with your boot fitter, not only will you be happier, but also the boot fitter can improve your performance on the slopes. ▲

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Sugarloaf Mountain Founding Fathers

Third in a series of thumbnail sketches of the members of the original 1956 Sugarloaf Mountain Corporation Board of Directors.

By Barbara Ericson

ROBERT N. "BUNNY" BASS, PRESIDENT

When the word "leadership" is used at Sugarloaf, in the ski industry, or in the Maine business world, one name consistently comes to the forefront: Robert N. "Bunny" Bass. Devoted to the Mountain and his family's successful G.H. Bass footwear enterprise, Bunny Bass was an active member of innumerable business and charitable organizations, and an officer in many. From the Ski Industries of America, where he served as first President and then Board Chairman, to the Maine Youth Center, a special philanthropic interest, to his three alma maters, Deerfield Academy,

Bowdoin College and Harvard Business School, Bass consistently brought enthusiastic leadership to everything he did.

It was at Sugarloaf that his leadership was most fulfilling, for here he combined his business acuity and his passion for skiing to help make this Mountain a major force in New England skiing. After serving as President of the original Sugarloaf Ski Club for several years, Bass became President of Sugarloaf Mountain Corporation when it was formed in 1956. He encouraged the growth of skiing in general, as well as that of Sugarloaf, through participation in the Maine Ski Council,



Bass at 2003 Maine Hall of Fame dinner when he was inducted.

the Eastern Ski Area Operators Association and the New England Council for Economic Development.

But, above all, Bunny Bass just loved Sugarloaf! His children

remember coming to the Mountain almost every weekend. "All of his energy was focused locally," remembers daughter Betsy, and "It was a constant in our lives", adds son Peter. " I remember many days when he would ski with us (children) most of the day. Then at 2:00 or 3:00 p.m., he would "join his fellow founders for a few runs on the Sluice and Narrow Gauge. He was clearly in his element!" In 2003, Bunny Bass was honored for his leadership by induction into the Maine Ski Hall of Fame. When he passed away three years later, a Sugarloaf sticker sealed the box of his ashes his family buried in Wilton. ▲

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Twenty-first Century backcountry pioneer returns to alma mater

Jeremy Jones returned to CVA during Sugarloaf's Homecoming Weekend to spend time with CVA students, staff and alumni friends and to keynote the dedication celebration of CVA's new dormitory, Murfey Hall. Nineteen years after arriving at CVA as a winter term freshman, Jones is now recognized internationally as the best big mountain extreme snowboarder in the world. Married with a two-year-old daughter, Jones now resides in Truckee, CA, but he felt good to be home at CVA and Sugarloaf. Below are excerpts from a conversation with Jones.

What was your CVA experience like?

I was only at CVA for four years but the time I spent here really shaped me into the snowboarder and person that I am today. I changed so much while I was here. I came as a fourteen year old, weak kid – an unknown snowboarder. I traveled the world training and competing and left competing on World Cup tours. So I look back and it blows me away how much I accomplished in such a little amount of time. In general my CVA experience made me stronger and tougher and it set me up so I was prepared for any experience on or off the hill. I just had a confidence knowing that I could handle anything because the day-in-day-out routine at CVA is pretty gnarly.

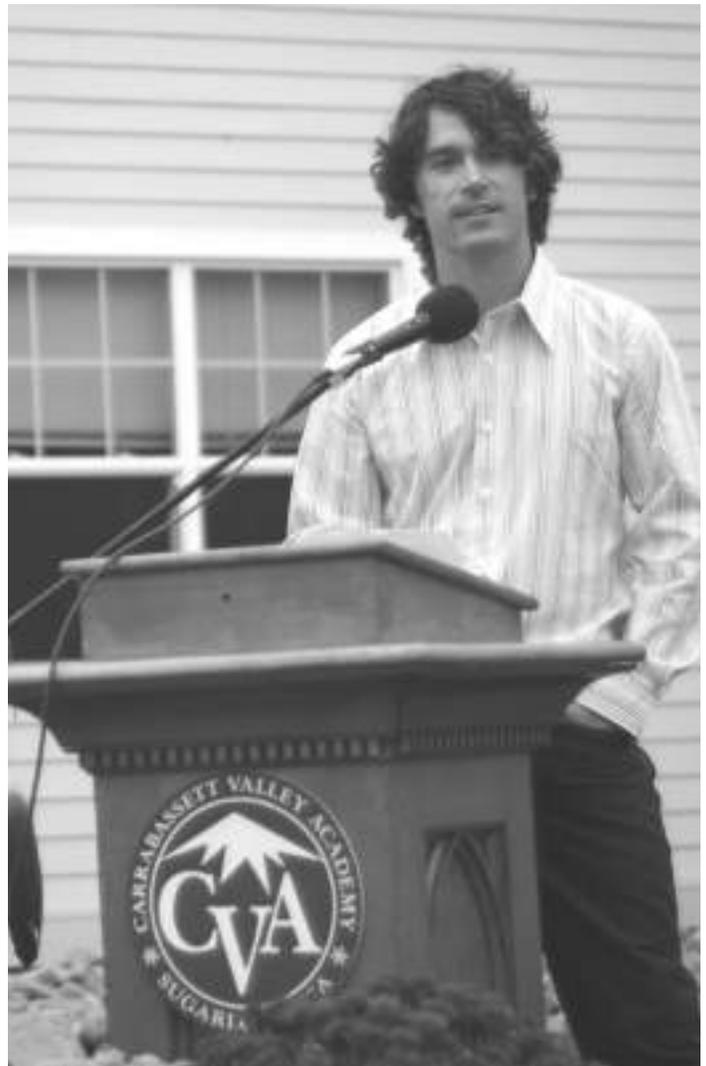
What were the early days of snowboarding like at CVA?

In 1993 Mark Fawcett and I were the first snowboarders at CVA. Our coach was an alpine ski coach named Eric Webster. Back in the day, CVA was 90% alpine and 10%

freestyle for a real traditional atmosphere at the school, but the school really embraced snowboarding and to me that really showed the openness of the school. For any of the big races at Sugarloaf the CVA coaches would have us forerun. The other academy coaches were like, "What snowboarders forerunning? There's no way we're letting them on the course". But the CVA coaches would say, "You're at our mountain; we're letting them forerun". Then they would take great enjoyment as we came down the course making great turns clocked at 59 mph.

How did riding at Sugarloaf prepare you for the extreme riding you do today?

I grew up skiing and started snowboarding on the golf courses at Cape Cod when I was nine. When I started snowboarding at Sugarloaf I spent most of my time trying to keep up with skiers and popping rollers. The edge control needed for the solid conditions and steeps of Sugarloaf made for an easy transi-



Jeremy Jones

tion when I went out west and got on soft snow. It was easy to excel because I had a really solid foundation from my days riding here at Sugarloaf.

What advice would you give to young CVA student-athletes?

CVA kids are really lucky to have the opportunity they have. When I was here there was no AGC and no Murfey Hall. If they take advantage of their CVA experience they will have a foundation that will allow them to do anything they want to in the next phases of life. They should stay true to their dreams, never listen to the skeptics.

Do you stay in touch with CVA classmates?

I have been fortunate to have traveled the world and met all sorts of people but my friends I met at CVA are still my closest friends. That's bizarre because my graduating class was only like twelve people and yet I live and travel in this great big world but I'm surrounded in this really small world where my CVA relationships have never wavered. We may have all chosen different paths but those are the people I've always stayed in touch with. To put it into perspective, when I got married I had a best man and three groomsmen; two were my brothers and two were from CVA. ▲

Maine Huts & Trails Update

2007 has been an exciting year filled with milestones for Maine Huts & Trails and our effort to build a 180-mile hut-to-hut trail system in western Maine.

By Dave Herring - Executive Director



The hydro dam spillover below



Above left; one of the bridges on the Carriage Road; Above: at the hydro dam intake pond



Right: Penobscot Tribe members at the groundbreaking ceremony.

The highlight of the year has undoubtedly been breaking ground on the first hut site, located near scenic Poplar Stream Falls on Penobscot Indian Nation lands in Carrabassett Valley. The groundbreaking event brought more than 70 people from around the state and region, first to our office in Kingfield and then to the remote hut site for the celebration. In addition to many friends and supporters, the event was attending by Penobscot Indian Chief Kirk Francis and Governor John Baldacci, both of whom spoke enthusiastically about our progress and the significance of the day.

The event signals a shift for Maine Huts & Trails from the planning and development phase to the construction phase and, subsequently, the operating phase. Here are some of the additional highlights from the year and a look forward at what you

can expect from Maine Huts & Trails in the coming months and years.

The Trails

The first phase of trails, approximately 36 miles, from



Larry Warren at the trailhead and parking lot on Gauge Road.

Carrabassett Valley to The Forks, is nearly complete. More than 100 volunteers have helped build trails this summer and fall. You can download the latest trail map from our website at www.mainehuts.org and get out there and explore these beautiful places. The first trail

head parking area is located just south of Carriage Rd on Gauge Rd. From there, many trail opportunities are available whether you're seeking a short day hike or an overnight trip at the Poplar Stream Falls Hut, opening this winter. The trails are available for non-motorized use and will be available year-round, free of charge. We're planning to groom up to 20 new miles of trails this winter, opening up the opportunity for skiers to tour from Carrabassett Valley across to the Bigelow Preserve and up the east shore of Flagstaff Lake. If mother nature picks up where she left off, this will not be the winter to be stuck inside! Get out and enjoy what we've been working hard to bring you.

The First Hut

Construction is well underway at Poplar Stream Falls Hut and we're planning to be open for use late this winter. Overnight accommodations at the hut will include shared and private rooms, both offering bunks with a mattress a pillow and blankets. Bunkrooms will all



This Marooka will be used to transport construction materials deep into the woods with virtually no impact.



Construction Manager, Dutch Demshoff at the Poplar Stream Falls Hut

be heated throughout the winter using a highly-efficient wood boiler system. Dinner and breakfast will be prepared by the onsite staff and served family style. Lunch will be available at an additional cost for you to take on the trail with you, if desired. Pedestrian traffic is welcome on the trails around the hut site this fall and winter, but please be aware that we are under construction and use caution while on



Poplar Stream Falls Hut.



Installing solar panels at the Poplar Stream hut



Construction materials compact on trails.



Hazen McMullen and Larry Warren at the turbine house.



Char and crew working on the access road and around the hut.



the access road and around the hut.

The Opportunities

As part of our effort to create a community of active users to support Maine Huts & Trails, we have launched a membership campaign. Logon to www.mainehuts.org to learn more about the benefits of becoming a member and to sign up to receive our Trail Report e-newsletter, designed

to keep you informed of hut openings, learn how to reserve your space at the first hut, learn about the trails and find about volunteer and employment opportunities with Maine Huts & Trails. As you can see, this is a fantastic time to be involved with Maine Huts and Trails. Find out how you can get involved and help support Maine Huts & Trails. I hope to see you out there this winter. ▲

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S/CVA Program Philosophy

The primary goal of the S/CVA program is to teach young athletes the sport of skiing or snowboarding.

By Joan Dolan - CVA Director of Athletic Programs/S/CVA Program Supervisor

Our program offerings currently include alpine ski racing, freestyle skiing, Nordic skiing and snowboarding. Especially at the early ages, our efforts in all of the S/CVA programs will be focused on improving the technical skills of each individual snowboarding or skiing. A second, but equally important goal, is to have fun, and learn about competitive athletics through skiing or snowboarding. There are a variety of different age and ability appropriate competitive levels for the athletes involved with the S/CVA programs where they can be challenged as well as successful. We want the children to enjoy snowboarding or skiing so that they will want to participate in the sport for the rest of their lives. To prepare for competition, time will be spent within each

discipline, training on the venues where competitions will take place. However, enhancement of their basic technical skills will be our primary focus. As the athletes mature and their skills improve, more training specific to competition performance will be introduced. The importance of perfecting the basics of snowboarding or skiing before shifting the focus to a heavy concentration of competition specific training is a philosophy established by the United States Ski Team. In theory, if you can master the basics outside of a competition course, you will use those same skills when training or competing on a course. We are constantly refining skills while experiencing a variety of trails and terrain on the mountain or at the Outdoor Center. The ability to ski or snow-

board is a lifetime skill that survives long after the formal world of competition ends. The competitive sports of ski racing, nordic skiing, snowboarding and freestyle skiing are full of rich personal challenges and the potential for reward that can inspire young athletes to rise to the best of their abilities.

The staff of S/CVA has a great many years of combined coaching experience working with athletes of all levels. This combined experience tells us that to be successful, the S/CVA program must be a positive experience for the young athletes involved. One of the primary focuses of the S/CVA program is to allow young athletes to truly discover the sport of skiing or snowboarding. To do this, we do our best to provide a safe yet challenging environment where they are internally motivated and excited about improving their skills. Young athletes need to discover their sport without the external demands of expectations, pressure and negative input.

To be supportive, parents and coaching staff must seek to encourage growth, fun and mastery of their skills. Fun exists in the athletes' interpretation and own feelings. Encouraging them to find out what they truly love about skiing or snowboarding and supporting them while they pursue their passion will pay huge personal dividends.

To develop real mastery of their skills, parents and coaches can take pressure away by focusing on their athlete's individual performance rather than the outcome. Helping young athletes feel a sense of achievement that develops from within and not from finishes or podiums is critical to their continued enjoyment and participation within the sport. Adults involved with young athletes should discuss performance and improvement rather than winning and losing. Encouraging and helping young athletes to develop these life skills from within will provide them with the opportunity for real growth. ▲



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Optimum Performance Training

Focus on Function - Train with Purpose

By Jeff Hawksley - Carrabassett Valley Academy Men's Alpine Conditioning Coach

A training program should be FUNCTIONALLY SPECIFIC to the energy, strength and movement demands of the sport. It is certainly not news to you that in order to perform well in any sport either competitively or recreationally, you must be in shape. Being in physical condition to perform your best and help avoid injury is not all that complicated for the most part. Certain elements always seem to be required. Cardiovascular fitness, strength, balance, speed and agility, power and flexibility are always mentioned. However, there are different ways to train for each element depending on the sport you play. A golfer for instance does not have as much requirement for cardio fitness as a runner. A runner doesn't require the tremendous power output that a football or rugby player needs. A soccer player needs great cardio fitness, speed and agility and the strength to battle shoulder to shoulder with the competition. As you think about all sports, you can generally imagine what the key elements for any sport might be. The key then, is to train in such a way as to develop all the elements of your sport to the highest level possible. Almost any type of training that you do will improve

your fundamental fitness. However, if you understand the elements that will help you perform your best in your sport, your training will be more productive.

Focus on Function - Train with Purpose

The following are the key elements to concentrate on if your sport is Alpine Skiing. Cardiovascular Training: A typical run 45 to 120 seconds for the level of athlete that we work with. Base cardio fitness needs to be at a level that will allow the athlete to perform rigorous training and to be able to recover from frequent bouts of high intensity training.

Stabilization, Core Training:

Developing spinal and joint stabilization is essential for protecting the joints and spine as well as resisting the powerful forces created in skiing, therefore, assuring accurate, precise and efficient movement.

Strength Training:

The forces in skiing require a great deal of strength to resist, stabilize and create forces and sport specific movements in a precise manner. Strength training will begin in the stabilization phase with light loads and should be systematically progressed to heavier loads

and more complex movements.

Power Training:

Power is the ability to apply force rapidly. For skiing purposes it is essential to resist, stabilize and create force as rapidly as possible in many situations. Power training can be performed by moving heavy resistance as fast as possible. The movement is explosive and the weight doesn't actually move very fast. In ski racing the force must be created very rapidly so we combine explosive movement with heavy weight and very rapid movement with lighter loads to create a pace of movement that is specific to the sport.

Balance Training:

No off snow form of balance training is especially specific to ski racing. However, the types of training that can be performed can dramatically improve the ability of the nervous system and muscular systems efficiency at communicating with each other. This training can be metabolically specific as well as used for stabilization strength development.

Speed, Agility and Quickness Training:

The ability to decelerate, stabilize and accelerate in a variety

of specific and precise movement patterns. This type of training requires the nervous system, and muscular system to become very efficient and work together to perform a task. This training can become metabolically specific by making the length of the drill match the duration of a ski run or race.

Skiing is a very complex sport in terms of the technical and physical demands placed on the body. It is a blend of integrated functionally specific training both on and off the hill that gives you the best chance to reach your potential. With that in mind training programs should integrate all the key elements on a very regular basis and often in one training session. The goal is to build a body that adapts well and quickly to a variety of stimuli all at the same time. Great balance, core strength and stabilization and leg strength are essential. There is not just one element that is necessary to have success. It is essential to develop a body that can maintain and stabilize good posture and alignment and power in greatly varying turn shapes, speeds and terrain for a specific amount of time

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AND LAUGH OFTEN! ▲**



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ASK HAPPY TUNES!

If you have to wax your own skis, you don't have to make a big mess.

By Lionel Hering

I understand the need and benefits of waxing my skis and have the tools to do so but man... what a mess! I always seem to apply too much and it drips everywhere! Any hints as to how to do this a little cleaner?

If you don't have the luxury of a dedicated tuning room, a messy aftermath may indeed tamper the spirits of your supporters (ie. Spouse) as well as your own motivation!

"BaseTex" is a cleaning and polishing fibrous cloth made by TOKO that we use tons of at Happy Tunes (or its SWIX equivalent, known as "Fiberlene"). It picks up dirt and other impurities off a base like a paper towel never will, is non-abrasive (will not dull edges), and super porous/absorbent. For instance, beyond its customary application of wiping and cleaning the base before starting tuning, it also does a remarkable job at pulling edge shavings after edge-work (use a small square of cloth and run it along the edges to pull the shavings prior to ironing on wax).

More relevant to your question is its application during waxing. To

limit messy wax runoff, and to better protect the base from potential "heat-shock", we first apply a thin layer of soft wax (ie. Toko yellow or Swix CH10) crayoned onto the base; drip our wax mix-of-the-day onto the base (quantity is difficult to gauge and comes with experience but more is better than not enough!); then cut off a square of BaseTex that needs not be larger than the surface area of the iron. Set your iron at the relevant temperature for the hardness of your wax mix and start ironing, keeping your BaseTex cloth layered between base and iron surface. The fibrous cloth will ABSORB, AND EVENLY SPREAD, your wax drippings into a thin layer over the base... and

not onto the floor! Note that the process makes your scraping also a lot easier with a thinner layer's excess easily removed and less scraped shavings to collect! Toko BaseTex comes in a 30 meter roll, costs less than \$10, and should last you the whole season.

Finally, note that when tuning and waxing a lot of skis for race day, it is well worth applying a layer of masking tape along the side-edge and sidewalk of the ski... easily removed and effective in avoiding wax run-off and buildup along the edges, the scraping of which is always rather time-consuming and only adds to the mess.

Cheers! ▲



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Sugarloaf Junior Professionals

No one could argue that Central New Jersey (exit 142 to be precise) is the cradle of snow sports; concrete perhaps but not skiing and riding.

By Tom Butler - Perfect Turn

I grew up in Jersey and went through school dreaming of skiing and knowing only the kids that I went to school with. My town had two high schools actually but the students never really mixed. I couldn't even imagine hanging out with kids from the next town over which was only 1/2 mile away. This is 180 degrees from the experience the children in Sugarloaf's season long programs experience. Sugarloaf has nearly 600 kids participating in its S/CVA, Minicuffers, Bubblecuffers, and the Mountain Teen / Junior Professional programs from all over Maine, New Hampshire,

Massachusetts and even Rhode Island. The bonds that these children form on weekends and vacation weeks skiing and riding with their friends are often stronger than the relationships with their peers at home. One of the greatest pleasures of my job is standing at Bubblecuffer lineup on a Saturday morning and watching all the kids interact. There isn't talk about how was your week at school or how much homework are you getting. It is all about skiing their favorite trails and wondering about what might be open and forming plans for after skiing. There was recently an episode of

"This American Life" on National Public Radio that looked into how adults communicate with children. The number one pet peeve of kids is that adults ask right off the bat "How was school?" Kids skip that one and we could learn quite a bit from watching and listening to them. S/CVA and the Bubblecuffer programs are about skiing and riding but I've learned that they are just the vehicles for building relationships and becoming who you want to be in an environment that celebrates your passions. Thomas and Michelle Currier are perfect examples of this. Both are teenagers but they

began skiing in the programs when they were very young. Thomas just turned 16 this year and is applying for a position as a ski pro with Perfect Turn following a three years in Junior Professionals. My perspective is unique because I only see the kids twice a week and two vacation weeks throughout the season. I have watched this child grow up and thrive in an environment that supports, encourages, and motivates. A young adult that I know will do exactly the same for the young children that he will now be skiing with as a ski pro.

Continued on page 14

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Ski Professionals

Continued from page 13

Now his sister Michelle is a different but just as exciting story. I would say that from age seven through nine, it was a struggle for her parents to convince her that skiing was a good thing. Michelle participated but her excitement level was low on the scale and it was touch and go there for a while whether she would give the sport up altogether.

This story however has a happy ending. Michelle received some excellent coaching, had some serious fun and has built rock solid relationships with her peers. For the past three or four years her passion has grown to the point that she has elected to forgo a season of cheering at home (another passion) so

that she could commit to her friends and her skiing.

There are many more kids who have passed up through the programs and are either coaching for S/CVA or teaching Bubblecuffers and all of them share similar stories as Thomas and Michelle. This is their mountain. We shouldn't kid ourselves. These kids have grown up here, skied and rode here, worked here, got married here, and have had kids here themselves. That's the power of this mountain and these programs. I am beyond thrilled that my son will have the opportunity to share in this experience and will have friends much like Thomas and Michelle and Nathan and Max and Leah and all the other kids that I have skied with. It is their mountain and I am thankful for that. ▲

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Sugarloaf Mountain Ski Club

NEWS

On the Mountain • Village West #13
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Walter Melvin, Jr. at the dedication of the Slim Melwein start shack last March.

INSIDE: News about stuff that only Sugarloafers care about!