



Sugarloaf Mountain Ski Club

N · E · W · S

Published on the Mountain • Carrabassett Valley • Maine • 2009/10 Season Opener

What's Inside

- 2 News and events
- 3 Charity Summit
- 4 Recycling
- 6 Maine Huts wins award
- 8 CVA visits wind power site
- 9 Ski Museum moves
- 10 CVA Olympians
- 12 CVA snowboard program turns 20
- 15 CVA freestyle news
CVA kids

Sugarloaf Mountain Ski Club Officers

President - Bruce Miles
V. President - Steve Schaefer
Treasurer - Phil Hunter
Secretary - Nancy Holliday
Newsletter Chairman - Peter Smith

Board of Directors:

Ginny Bousum, Greg Foster,
Bob Friedrich, Ragan Beauregard, Tom Hildreth,
Mike Rowland, Lev Steeves,
Joyce Tobias, Joe Tutlis,
Lani Cochrane, and
Jim McCormack - SMC
Matt Waddle - CVA

Club Administrator:

Catherine Nodine

Early snow!

A Message from Sugarloaf Mountain Ski Club President, Bruce Miles

That's the dream we all have this time of year. A couple of weeks ago the view from the Ski Club office was great - four inches of snow had fallen. It was the second time this Fall we had been blanketed with early snow. Let's hope the trend continues.

Homecoming weekend was a great success. Our annual Pig Roast went off without a hitch thanks to Anne Hanson and her team of volunteers. As with many of our social functions, the proceeds went to the Ski Club scholarship fund. Last year we handed out many thousands of dollars in scholarships to local area youth. Without this financial help, many kids would not be able to participate in the on mountain programs or get a chance to enjoy this place that we all love so much.

The bulk of the weekend was spent catching up with old friends, some of whom we hadn't seen since last season. Quite a few people showed up Sunday to relax and enjoy a picnic at the Jean Luce Competition Building. Once again the mountain ran the Superquad for sightseers, and this year we were able to collect donations for the scholarship funds from the riders. Thank you to all who contributed and to John Diller, who came up with the idea.

As we all learned at Homecoming, the mountain has once again put their capital into increasing the efficiency of the snowmaking system. We should see the fruits of this with more terrain being open for the early season.

Your ski club has lot on the agenda this season as you will see from the schedule in the following pages.

I urge you all to visit our website and check out the many pictures there. If you have any that you would like to see posted, send them to the office. As the 59th season starts, I urge you all to get involved with your club. Drop by the office or send us an email letting us know what you would like the club to do and how you can help.

See you on the hill,
Bruce

The Annual Pig Roast



Thanks to the Ski Club Annual Pig Roast crew! From left to right: Jane Ouillette, Chris Kramer, Anne Hanson (the chief) and Cindy Foster.



Lots of great food and good cheer was had by all.



Sharon & Ron Cullenberg in line for dinnert.



The beast and the roasters

The Sugarloaf Ski Club would like to congratulate Ski Club members who recently were named to the US Alpine and Freestyle Teams including, David DiGravio (freestyle), Jeremy Cota (freestyle) and Ben Morse (alpine). We wish them luck.



Events you won't want to miss

Keep your eyes open for news of upcoming social events. Don't miss out on the fun!

December 29

Potluck Supper
Competition Center

December 30

11:00 am
Sugarloaf Charity Summit
Challenge Race and BBQ on Lower Comp Hill

January 16

Fishtails and Cocktails
Fundraiser at Sugarloaf Mountain Hotel

January 23

Annual Ski Club Meeting
Sugarloaf Golf Clubhouse

January 30

Sugarloaf Charity Summit
www.sugarloaf.com/charity

February 6

Wine Tasting and Educational Evening
Sugarloaf Golf Clubhouse

February 16

Potluck Supper
Competition Center

March 20

15th Annual Snowball
"Swing Into Spring" at the Sugarloaf Inn

New Ski Club cook shack built for grill on Comp Hill



Thanks to help from Ski Club members Delinda and Peter Smith, Steve Schaefer, Joe Tutlis and Mike Rowland, we now have a new building to house the grill at the Jean Luce Competition Facility. We're looking forward to many fundraising cookouts.

Competitors enjoyed those great burgers the Ski Club cooked up this past spring.

Yes, I would like to be a member of the Sugarloaf Mountain Ski Club!

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Email: _____

Individual \$25 Couple \$40 Family \$50 This is a renewal. I've been a member since: _____

Please make checks out to: Sugarloaf Mountain Ski Club, • Village West #13 • Carrabassett Valley, Maine 04947



Sugarloaf Charity Summit, January 30, 2010

Celebrating our 10th Anniversary of raising a mountain of money to find a cure.



Ski Club members Paul and Jill Dugas and Joe and Doris Tutlis enjoy the moment at 2008 Charity Ball

Once again, Sugarloaf is teaming up with the Maine Cancer Foundation and The Martha B. Webber Breast Care Center to raise money to battle cancer. We all have been affected by cancer, either personally or through the experience of a loved one or a friend. This is an opportunity for us to fight back while having fun doing so. We have contributed more than \$950,000 to these two organizations through our efforts in our nine previous fundraising events. In 2008 alone we contributed over \$220,000. It is exciting to know that we will pass the

one million dollar mark this year in total contributions

This year we will be having a warm up racing event on December 30, 2009 on Lower Competition Hill. We will have a fun race for all ages and a BBQ at the Jean Luce Competition Building. The donation to enter the race will be a minimum of \$5 per person. The cost of the gourmet grilled lunch will be \$10 per person. The race starts at 11:00 am and you can register before the race at the Jean Luce Building from 9:00 am on. All participants under the age of 18 will need to have a

parent sign the entry form for them.

The event continues on January 30, 2010 culminating with the Charity Ball and silent and live auctions.

There are many ways for you to participate in this very worthwhile and important event. We need volunteers to help with fundraising, you might donate auction items or help run various aspects of the event. Corporate and individual sponsorship packages are available. You can also fundraise to earn a pair of free Rossignol skis or snowboard. *

To find out more about this very important Sugarloaf event, please go to the website www.sugarloaf.com/charity or email Brucemiles@tds.net or give me a call 207-235-2495

CVA Wreath Sale

Don't forget to order your holiday wreath from Carrabassett Valley Academy for your Sugarloaf address, home, family and friends. Proceeds benefit the Carrabassett Valley Academy's Parent Support Organization. For more information contact Wendy Darienzo at <mailto:wdarienzo@gocva.com> or 207-237-4471.

Sugarloafskiclub.org

Be sure to check out our website frequently. It has all of the latest information regarding social events as well as the racing schedule. Stay well informed!

Recycling ins and outs

Carrabassett Valley has a great recycling program - be a part of it.

Here we are, at the beginning of another ski season. We all anticipate what mother nature will bring us, and promise ourselves that we will get in more days on the hill.

like to see our tax dollars put into more of the fun and exciting projects that we enjoy in our community rather than emptying dumpsters? We continue to look for ways to

make recycling easier in our community. The fact that our transfer station is open more hours than our banks are is a good start: it is very convenient to dispose of all of your

materials, either trash or recyclables. The chart below demonstrates all of the items that you can recycle at the transfer station. **The transfer station is one mile north of**

I am writing this to encourage you to add another item to your list of improvements for the 2009/2010 season... to recycle more. The recycling program that we have in Carrabassett Valley is not only a great opportunity to demonstrate your commitment to protecting the environment, it is also financially advantageous. It costs less than one-third the amount of tax dollars to recycle than to get rid of the materials as trash. Now wouldn't we all

**These items can be recycled at the transfer station
locate one mile north of the Access Road on Route 27**

High Grade Paper	Clear Glass	Tires
Mixed Household Paper	Brown Glass	Computers
Newspaper and Magazines	Green Glass	Stereos & Radios
Cardboard	Cell Phones	TV's and VCR's
All Metal	Laser Toner Cartridges	
Fluorescent Lightbulbs	Rechargeable Batteries	PCB Ballasts
#2 Plastics	Motor Oil	Mercury Items
Returnable Cans & Bottles	Latex Paint Cans	

*An independent insurance
agency that works for you.*



Call Jim today for a review
of your current insurance
207-235-2642

Jim Wilson • Branch Manager
Carrabassett Valley, Maine
Jim Harrison • CIC

the access road. For all of you weekend warriors this might seem far away when you have to go south after fun on the hill and you are packing to get home. This is why we built a recycling area off the access road across from the check-in center. This center is on everyone's way home from the mountain which is helpful. This area does not accept all recyclable items, just the more common ones, and no trash. So, for those of you who have a dumpster located nearby, you can leave off the recyclables on your way home.

For those of you who live here either year round or for the season, the transfer station is definitely the way to go to make one stop to get everything done. I must also mention that the swap shop at the transfer station provides a way to give new life to items before they become either re-

cyclables or trash. Remember that Reduce, Reuse, Recycle is listed in that order for a reason.

Recycling provides us all with the ability to give materials that have been extracted from our planet a longer life. Please include this decision in your daily life and help us to make the recycling program in Carrabassett Valley the best it can be.

If you have any comments, questions, or suggestions please contact me, Kimberly Truskowski, at 237-6907 or at ktruskowski@sugarloaf.com We always speak about "throwing away" items that we have decided have no more life. I am now going to ask you the same question I ask all of the children that I have the pleasure of working with: Where is away?

Have a great season! *

A blast from the past

Ayottes original store opens in 1977



One of many who attended the grand opening of Ayotte's Country Store and Agency Liquor Store over the weekend was little Birch Ambrose Royall of Kingfield (now a CVA Alpine Coach) who is getting a free balloon from the owner of the store, Richard Ayotte.

JAVA JOE'S

Serving the best
coffee, eats & chat
this side of Ripsaw.

Across the street from
the ski lockers

Open every day at 7am

NORTHERN LIGHTS Hearth & Sports

in Farmington and Rangeley

Wood, Gas & Pellet
Fireplaces and Stoves

30 years of sales, service and installation



We're also a full service
Bike & Ski Shop

207-778-6566 • 800-789-6566

Visit our shops on Route 4 in Farmington and Main Street in Rangeley
nlights@beeline-online.net

Maine Huts and Trails recognized with two awards

Maine Huts & Trails was recently recognized with two prestigious awards for their efforts in creating a hut-to-hut trail system in western Maine. MH&T currently offers more than twenty-five miles of non-motorized trails and two full-service backcountry eco-lodges along the Maine Hut Trail in western Maine. In its first two years of operation it has already attracted more than 3000 overnight visitors and countless day-visitors.

At its recent national convention in Guadalajara, Mexico, the Society of American Travel Writers (SATW) awarded one of five Phoenix Awards to Maine Huts & Trails. SATW,

the nation's premier travel organization, established the Phoenix Award 40 years ago to recognize individuals, communities or organizations from across the nation that have contributed to a quality travel experience through environmental, beautification, conservation and preservation efforts.

At its Annual Showcase last night, the Finance Authority of Maine (FAME) awarded MH&T with its Business at Work for Maine Award. FAME provides access to innovative financial solutions to help Maine citizens pursue business and higher education opportunities. Fame has sup-



Flagstaff Lodge



ported some of Maine Huts & Trails financing.

"We are absolutely thrilled and sincerely honored to be recognized by these two prestigious groups. This is a real indicator for us that we are truly beginning to fulfill our mission of creating a resource of national significance for Maine that helps protect public access, creates opportunities for outdoor recreation and generates economic development

for the region," said Dave Herring, Executive Director for MH&T.

MH&T has plans to construct its third hut and open an additional twenty-five miles of trails in 2010, which will allow visitors to travel along forty+ miles of trails and stay overnight in three huts between Carrabassett Valley and The Forks. MH&T now has more than 1200 members and expects to attract more than



**THE PLACE TO BE ANYTIME...
DAY OR NIGHT**

Lunch
Featuring Pizza, Salads,
Sandwiches

Leisurely Dinner
Featuring Pasta, Seafood,
Steaks & Pizza

Join us in our smoke-free Greenhouse
overlooking the slopes

**In Village West at Sugarloaf
207-237-2192**

Open Daily for Lunch & Dinner

SUGARLOAF AREA GROCERS

*For all your Sugarloaf Area
Grocery needs since 1989*



Sugarloaf Groceries
on the mountain
237-2200

Mountainside Grocers
at access road entrance
237-2248

Annies Market Main Street Kingfield 265-2664	Ayottes Country Store in the Valley 235-2443
---	---

John Beaupre "72" and Bob Thomas "82"
Proprietors



Photo courtesy Sheryll Walters

View of Bigelow Range from Flagstaff Lodge

4000 people to the region in 2010 to take part in multi-day outdoor recreation experiences.

Maine Huts and Trails is a non-profit organization whose mission is to create and operate a world-class recreation corridor focusing on the natural, economic and social environment of Maine's Western Mountain region for the benefit of current and future generations. Our backcountry trails

and huts enhance access to beautiful lakes, rivers and forest lands, facilitate outdoor adventure and learning and provide a self-sustaining experience that stimulates environmentally-sensitive economic opportunity in the region by attracting visitors of all ages and abilities from around the world. FMI,

Visit www.mainehuts.org or call 207-265-2400. *

CVA Winter Camps

Highlights of CVA Winter Training Camps are great coaching, great friends and great fun. Designed for 5th- 8th grade competitive skiers and snowboarders who are looking to bring their skills to the next level CVA Winter Camps provide an excellent opportunity for more time on snow, physical training, and a chance to ski or ride with new or old friends who share the same excitement for taking their skiing or riding to the next level.

There are too many fun and exciting activities planned for this winter's camp sessions to list them all so here's a short list for a glimpse at a CVA Winter Camp:

- On-snow Training Monday - Friday
- Nutritious Meals
- Video Analysis
- Training at our Antigravity Complex
- Strength and Conditioning Training
- Exciting Evening and Afternoon Activities
- Monitored Academic Blocks
- On Campus Housing Available (space is limited, book early)

For more information and to sign up go to www.gocva.com/wintercamp.asp, or contact Dawn Smith at <mailto:dsmith@gocva.com>, dsmith@gocva.com or 207-237-4466. *

MORONG FALMOUTH

*Bill and Peter Sowles are pleased to support
the Sugarloaf Ski Club*



www.morong.com • 1-800-356-4020

187 Route One, Falmouth, Maine 04105 • Sugarloafers since 1958

CVA studies conventional and alternative energy

Lead by teacher, Dan Frost, the Environmental Science class at CVA recently visited the Kibby Wind Power Project as part of their studies of conventional and alternative energy. Located virtually in the backyard of Carrabassett Valley, the wind project was an ideal place to see the strides that are being made locally toward shifting to sustainable energy sources. Students gained not only a sense of wonderment from viewing the turbines up close but also an appreciation for the scale of an energy project of such proportions.

While studying conventional energy, students in the course learned where the electricity

they used everyday came from and how it was derived. Subsequently, many were surprised to learn the extent to which our country/region still relied on fossil fuel sources such as coal, oil, and natural gas. They were all well aware though of the issues of climate change and carbon emissions due to such energy sources and were eager to explore potential alternatives. Having been introduced to hydropower in Maine and the biomass plant in Stratton, Kibby Mtn. would be the first energy project they would get to see in person.

Driving to the wind project many students wondered at



what point they would begin to hear the turbines. However, upon arrival it was not the sound of the windmills but their sheer size and movement that overwhelmed the senses. The 150 ft blades of the Vestas v90 cut the air with a light "woosh" as they completed a full revolution roughly every 4 seconds. Tobey Williamson, Kibby Mill project spokesperson, explained to the group how the wind speed correlated to each turbine's energy output and the various tech-

niques employed to harvest the wind resource. Overall, students left Kibby Mountain with an extremely positive attitude towards the wind project and were glad to see Maine getting on board with wind energy. Most saw the turbines as pinnacles of progress on the landscape while others were not so accepting of the view, but all realized that any source of energy comes at a cost. In this case, one that many were proud to see in their backyard. *

FRESH DOUGH
WOOD FIRED **PIZZA** BRICK OVEN

BREWS
Blue Monday & BLUES

TROUT BROOK GOLD
Light Golden Ale

PICK POLE PALE ALE
Copper Malts and Hops

UNCLE'S WINTER ALE
Dark and Full Bodied

ALPINE RED RASPBERRY
Light & Fruity

Our elevation at Sugarloaf raises us high above all other eastern micro breweries.

The clear, sparkling, mountain waters that we use to formulate Master Brewer P. Mulligan's exacting recipes give our patrons a brew experience both lofty & unique.

Would you expect anything less from
THE BAG & KETTLE
in our 39th year?

RED SNAPPER ALE
Bag's Tribute to Celtic-Style Red Ale

JOE STOUT
Creamy, Rich Stout brewed with Carrabassett Coffee Espresso Beans

THE BAG'S POTATO ALE
Amber Ale brewed with Malts

HALE PIPE PORTER
Dark, Robust and Velvety

Mountain Brewed Ales from The BAG & KETTLE Brewing Company

On the Mountain at Sugarloaf/USA Village Center 237-2451



News from the Ski Museum of Maine

Megan Roberts, Curator

Mark your calendar and come join the fun! Saturday, December 5, from 3:00-6:00 pm we will be hosting an open house in our new Kingfield location. This is a great opportunity to see our new space and expanded display, as well as enjoy drinks and refreshments with other ski history enthusiasts.

We are delighted with our spacious new museum, which is located upstairs in the Sugarloaf Sports Outlet store. It allows us to be open all of the hours that the store is open. At this time, it is staffed on Friday afternoons and all day on Saturday and Sunday, as well as during vaca-

tions. Access to the museum is through the front entrance of the store. Follow the Museum signs to the stairway leading to the museum to enjoy our wonderful, expanded exhibit. We also have a reading area so that you can rest and enjoy ski history after you have been shopping!

A new face you will see at the museum is that of Michael Jamison, who now works with us. He and his wife Sandy moved to Kingfield in 2005. Michael is a woodworker who designed and built "Skeeps", attractive wooden ski racks for



The new Ski Museum location is right on Main Street in Kingfield on the second floor of the Sugarloaf Sports Outlet store.

your house. Michael will be working part time on projects dealing with all aspects of the museum, and we welcome him.

We look forward to seeing you soon!

Megan Roberts, Director *

Ski Museum of Maine
265 Maine St, Kingfield
(in the Sugarloaf Sports Outlet)

Museum Hours: Mon-Thurs
8:00-5:00, Fri-Sun 8:00-6:00
Staff Hours: Friday 1:00-6:00,
Sat, Sun & vacations 8:00-6:00

Phone: 207-491-5481



We treat all pet emergencies 24/7

Maine Veterinary Referral Center
in Scarborough, Maine

Open every day year round including weekends and holidays.
Our hospital is located next to Scarborough Downs
in the Enterprise Business Park off Route One.



To be prepared, enter this info into your mobile phone and GPS:

207.885.1290

1500 Technology Way, Scarborough, ME

maineveterinaryreferralcenter.com



The 4% Company (2% if you help!)

If you're considering selling your home, we specialize in the Sugarloaf Area, Kingfield to Eustis! We utilize the internet & MLS to sell your property at a lower commission.

www.sugarloafarearealestate.com
Visit us to see what's new in real estate!

Brokers: Stan & Janice Tingley, Jan Kremin, Tom Carey



The 99%



The 2010 Winter Olympics are fast approaching and once again CVA alumni will proudly represent the United States and two current foreign students may participate for their home countries. Obviously Carrabassett Valley Academy takes great pride in the accomplishment of these athletes and the other alumni who have been past Olympians. To date the CVA athletes who have earned that prestigious distinction are:

Kirsten Clark, Emily Cook, Mark Fawcett, Jeff Greenwood, Adam Hostetter, Bode Miller, Brenda Petzold, Sharon Petzold, Kristie Porter, and Seth Wescott. They have collectively won one Gold medal, two Silver medals and 1 Bronze medal in the three different disciplines of alpine, freestyle and snowboarding. This is a claim that I do not believe can be made by another U.S. program. We anxiously wait to see how this year's contingent

does and we wish them the next few months leading up to the Olympics, we will publicly make much of the accomplishment of these heralded athletes of whom we are so proud. However, it is important to note that this best of luck in Vancouver: elite group represents approximately 1% of CVA alumni. What I would like to address is the other 99%. Making it to the Olympics is the dream of most CVA athletes when they

begin their competitive careers. But as they go through the competition progression, the stretch to the Olympics may become further from their grasp, requiring them to reevaluate their goals and dreams.

Now, here is the interesting observation that I have made during my 23 years at CVA. The athletes are OK with this. The level of self-awareness that they develop during their

Buy your Ski Club Pins today!

Sugarloaf Ski Club Pins \$5.00



Only \$5 at the ski club office and Ski Club events and support the Clem and Rolande Begin Matching Fund! Call 207-237-6955, stop by our office in the Comp Center, check out our web site at www.sugarloafskiclub.com or email us at sugarloafskiclub@roadrunner.com

TRANTEN'S



Main Street, Kingfield

We meet your grocery needs!

A big selection of your favorite beer and wine beverages

Our qualified butchers will cut you a fresh steak, package our store-ground burger or de-bone our chicken for you.

Featuring all kinds of deli meats, cheeses, salads and fresh seafood

Talk to our deli staff about making up a party platter or fruit basket for your special occasion.

We also have a laundry facility

Open 7 days a week until 8:00 PM except Sundays (5:00 PM)
On Main Street • Route 27 in Kingfield • 207-265-2202

CVA careers is so keen that they know best why they may not have become Olympians and why some other athletes have. This being said, I have also seen how proud all CVA athletes are of their achievements, regardless of the level of success that they might have attained. CVA students know how hard they worked, the challenges they have faced and the obstacles they have overcome and in doing so, realize how unique this experience has been for them. They develop a positive sense of self, as well as a mature perspective on what is important. They know it's not the results that only matter; it's how hard one has tried. A common trait that is shared by CVA alumni, Olympian or not, is to be achievement oriented. The valuable life skills developed through participation in the "CVA Way" translate into success, regardless of whatever

future path CVA alumni pursue. It is this fact that has kept me involved with CVA for so many years. As I watch CVA graduates enter the world as well prepared, responsible, self-confident individuals. The 99% have become doctors, nurses, PhDs, teachers, coaches, lawyers, investment bankers, entrepreneurs, engineers, ski industry executives, social workers, policemen, firemen, soldiers, writers and website designers to name some of the professions pursued by CVA alumni.

One cannot measure the benefit of the CVA experience by only weighing athletic results. Talk to CVA students and their parents, past and present, as to what their CVA experience truly means to them. *

John Ritzo
CVA Headmaster

A blast from the past



Former CVA racer Lizzie Hinckly

Serving the Sugarloaf area and the beautiful western mountains of Maine for over 30 years!

CSM

Real Estate

Contact one of our real estate professionals today!

call 207-265-4000

e-mail info@csmrealestate.com

online www.csmrealestate.com

(If you are currently listed with another real estate agency, please do not consider this a solicitation.)

BIRCHWOOD

INTERIORS

Furniture • Flooring • Window Treatments
Cabinets • Granite • Renovation

Ski Club Members Only Sale

Sofa and Mattress Special

\$100 gift certificate to Happy Tunes, D'Ellies or the Sugarloaf Ski Shop for any purchase over \$1000.

Ski Fast – straight into Birchwood for your Discount Today

Village West - Sugarloaf • birchwoodinteriors.com
207-237-7000

CVA Snowboard Program Turns 20

Barry Tripp, CVA Snowboarding Program

The Beginning

When snowboarders first started showing up at mountains in the US they were met with somewhat of a mixed view. I think it's safe to say the welcome mat was hardly laid out as some mountains immediately banned snowboarding entirely. Although when push comes to shove the corporate owners, being fiscally responsible, opened their doors to allow the huge influx of young people that have developed a passion for the sport. In 1983, less than 10 percent of United States ski areas allowed Snowboarding. But by 1997, few resorts excluded it. Today, Snowboarding is now as accepted as Skiing in most ski resorts worldwide and its

popularity and fan base is growing at such a pace that the number of snowboarders has increased by 77%, making snowboarding the fastest growing winter sport in the US. Today, more than 3.4 million people Snowboard. This number comprises about 20% of the visitors to US ski resorts. Also, the number of people who snowboard is predicted to overtake skiing by 2015.

Breaking New Ground at CVA

During the fall of 1989 a young snowboarder named Mark Fawcett from New Brunswick, Canada met with

Headmaster John Ritzo at CVA to inquire about the possibilities of going to school and training here at Sugarloaf. Mark tells the story of being denied at first and then pondering ways to convince the administrators at the school that it would be a wise move. He gathered another snowboarder Jeremy Jones to accompany him this time and with a renewed plan of attack they approached the school again. The young men decided they would try to let their riding speak for itself. After inviting staff at the school to take a few runs with them it was clear these young men were unique talents and the school would most likely benefit from



Mark Fawcett – Points it downhill

such driven individuals. This was the birth of one of the first snowboard academy programs in the country.

The first to coach these young riders was a physics teacher who had little to no snow

Special Wine Dinner Events Monthly Dec. - April



Located at the base of Sugarloaf Mountain
In the Sugarloaf Mountain Hotel
Is one of Maine's finest Restaurants
The Double Diamond Steakhouse

*Fine Dining * Full Service Bar*
*Pub Dining * Breakfast*

**100%
DISCOUNT**

Sugarloaf Mountain Ski Club member's will receive a discount.
Diner's that bring in this ad will receive a discount.

The taste of excellence! ♦ Reservations Suggested * 237-4220
For more information visit the dining guide at www.sugarloaf.com



 SUGARLOAF
MOUNTAIN HOTEL

board experience but noticed the dynamic chemistry. The next year the riders went out and found Eric Webster, an experienced and talented athlete and snowboard coach. They were joined by several other riders including Adam Hostetter (Jeremy's cousin), and it soon became clear they had the nucleus required to build a program.

When asked, John Ritzo, Headmaster at CVA speaks not only to the Olympic achievements that snowboarding has brought but to the cultural diversity accompanied by the high level of creativity and individuality that has strengthened and broadened the community. History has crowned many riders in the first twenty years and will surely see many more. With the XXI Winter Olympic Games approaching fast, CVA alumni Seth Wescott is riding with a vengeance in

his quest to defend his gold medal. Today the program has riders who have the copious amount of dedication and focus required to excel at the highest of levels.



Jeff Greenwood - racing ski gates today riders race specific snowboard triangular gates

The Evolution of CVA Snowboarding

The stories are endless when long time CVA staff member-sand alumni are asked to com-

ment on the history of the program. Alumni Mark Fawcett (now Canadian Olympic team coach) speaks to the simple things that stand out in his memory like Headmaster John Ritzo cooking breakfast for him before a day of training. Mr. Ritzo speaks to the highlights such as Jeremy Jones forerunning Junior Olympic Super G ski race down gauge that amazed all that witnessed; watching Mark Fawcett participate in and win Grand Prix races followed immediately by giving portions of his winnings to the school and being in Torino to watch Seth Wescott crowned the Olympic Gold Medalist for the first-ever Olympic Snowboard Cross event. He also remembers witnessing Bode Miller strap on a board to compete for the first time and finishing 5th (not sure how many know that).

Another long time staff member John Hagerstrom speaks to times when the program rented a farm house in Stratton Vermont, as a competition base. He fondly remembers traveling there to cook for the athletes and how they were driven by the newly found monetary awards in snowboard competitions. He compares the control and regulation of ski racing to the fact that snowboarding in its inception had no rules and was shaped by and for the riders. This basic premise is what drove and is still motivating athletes today.

Snowboarding today at CVA

The athletes currently in the program are more diverse than ever and bring a passion that is unparalleled. We have riders from all corners of the

Continued on next page



HAPPY TUNES!!

Valley Crossing on Route 27 • Next to Tufulio's
7 miles South of the Access Road • 207-235-TUNE
Email: happy@tdstelme.net

SKI CLUB SPECIAL

THOR-LO SOCKS
Buy three, get one free
(now 'til Xmas)

"Best socks out there!"

"Try them, your feet
WILL feel better!"

REC. JR LEASE PROGRAM

Skis, Boots, Bindings... Complete Package starts at \$99!

THE "MULTI-TUNE"

\$100 = \$125 Happy Service

Save 20% all year! • Renewable, No Limitations, No Expiration

THE "SEASON-TUNE"

\$299 = Unlimited Happy Tunes (one pair of skis, some limits apply)

HIGH PERFORMANCE DEMOS

Alpine: DYNASTAR, BLIZZARD, HART

Tele: ROSSI, ATOMIC, CRISPI, BLACK DIAMOND

CUSTOM BOOT-FITTING

By appointment; call 235-TUNE

WIND-HOLD? NO WORRIES!

SKINS, TELE & AT BINDINGS from BlackDiamond, Fritschi, G3, Rottefella, Naxo, 7tm

CVA Snowboarding

Continued from page 13

country and globe, and we strive to give local talent the opportunities they dream about. The sport is still in relative infancy but is growing by leaps and bounds and, more importantly, it is still being shaped by and for the riders. The program today consists of the ever expanding menu of venues from alpine to snowboard cross to freestyle, street, urban and back country. While it's sometimes hard to keep up with all the change, the end result of kids following their dreams, passions, and convictions while being so driven makes any hard work easy.

Our mission is clear: to provide a competitive program that bestows a positive environment while giving every athlete the chance to realize and succeed at reaching their personal, academic, and athletic goals while attending CVA. This mission is realized by a program that encompasses physical, mental, technical, academic, and social



Jeremy Jones – Toe side on ski gates is dangerous, the pin ski suit is a bit dangerous too.

focuses while also allowing the athlete's passion for snowboarding to continue to grow.

There should be no doubt that everyone in the snowboard program is here for the same reasons – "our love of snowboarding." Other sports have established scientific methods for training and higher performance. Snowboarding has no right or wrong way to perform a trick or run a race but is defined by "style." Our primary goal is to bring each rider's individuality

and personal expression to new levels. Because of the lack of scientific methods it becomes our job to explore avenues that are productive to building stronger athletes and evaluate the success or failure of these activities. Sure, there are basic principles that apply; how to edge and control a board, body position, physics and body mechanics, but those are the basis to learn from, not the end result. We are teaching athletes how to sculpt but not what their sculpture should look like; how to paint but not what their painting should look like. Everyday at practice we try to enhance and reinforce those concepts.

The current world class CVA snowboarding staff is well equipped with knowledge, experience and talent. The newest addition to our coaching staff is intern Alex Tuttle. Alex is a CVA alumnus who will be competing along side Seth Wescott at a World Cup in December. Former pro snowboarder, Chris Maturi, is one of the original riders to first descend Sugarloaf sideways and has a wealth of high

level competition experience and finishes. Chris has been in the snowboarding industry for over a decade and possesses a unique ability to drive young riders past their expectations. A graduate from the UMF ski industries program, Nick Poplawski has been an S/CVA coach for 4 years and has been recently added to the CVA roster of coaches. Nick's addition will pay huge dividends with his competitive experience and ability to communicate and demonstrate the most complex tricks and maneuvers to simple motivational language. For an old guy like me, with a few decades of coaching and management experience, it's the love of the school, sport, and athletes that drives me to seek new ways to mature and advance our program.

CVA is the platform for successful athletes, community members and people who will have a life-long respect for others and the sport. I look forward to the next twenty years breaking even more new ground. Keep smiling, and ripping... ✱

Ski Depot / RaceSkis.com



Sugarloafers since 1976

**Rt. 4 Jay Me. www.ski-depot.com 1-866-754-3376
Complete Ski & Snowboard Sales, Service, Rentals & Demos**

S/CVA freestyle news

The S/CVA freestyle program is gearing up for another great season!

The excitement is building towards the Olympics where several S/CVA freestyle alumni are Olympic hopefuls. We are also putting the finishing touches on our coaching staff where we will have a couple of great additions to our staff.

Chaney Fletcher will be back coaching this season. Chaney has coached a number of years in the S/CVA program and has been a full time freestyle coach at CVA. Chaney is a former national level freestyle competitor, a great all around skier and a long time Sugarloafer. We are



One of the original, original freedoggers, Harvey Packard in the Werner Rothbach ski school circa 1965

looking forward to having Chaney back on staff.

Greg Goldstein will also be joining the coaching staff. Greg is a recent Northwestern University graduate and an alumnus of the S/CVA program. Greg joined the S/CVA program when he was 8 years old and participated in the program until he graduated from high school. Greg was a top Eastern level mogul skier and is completing his Level 1 and Level 2 Mogul coaching certification.

Ron DiGravio, S/CVA Freestyle Program Director *

Who are those CVA kids?

And where do they come from?

You see them climbing off the CVA buses in the Sugarloaf parking lot as they take to the mountain to train, carrying their skis and snowboards. As they unload you may ask: "Where do they come from? How many student-athletes attend CVA?" Here are answers to those and other questions.

Total enrollment for this year stands at 109. Fifty-five of these student-athletes are from Maine and 36 of them are from the immediate Carrabassett Valley area. Twenty-four live in other parts of New England. The remaining US students are from California, Florida, Michigan, Missouri, New Jersey, and New York. This year's student body has the broadest international representation in the school's history with students from: Australia, Canada, England, Germany, Korea, Republic of Georgia, Scotland, Spain, and Switzerland.

Sixty-eight student-athletes attend CVA for the full school year and the remaining kids are enrolled for seven and five months. Fifty-nine student-athletes live in Murfey Hall and 50 are day student-athletes living with their parents in the local area of Carrabassett Valley.

Fifty are alpine racers, 10 are in the big mountain ALPS program, 29 are freestyle mogul or freeride skiers and 20 are snowboarders. There are 37 seniors, 16 juniors, 25 sophomores, 18 freshman, seven eighth graders and five post-graduates. *

 <p>agrenappliance.com AUBURN AUGUSTA S. PARIS BRUNSWICK S. PORTLAND WALDOBORO</p> <p><i>Maine's Largest Family Owned Appliance & Television Store</i></p>	<p>WEEKLY SERVICE TO SUGARLOAF</p> <p>CALL DAVID SHANAHAN</p> <p>A Sugarloafer since 1987, Dave can help you with all your appliance and television needs.</p> <p>592-2421</p>
<p>HDTV – We deliver it... we set it up.</p>	

JUST ONE SIP.

Open a bottle of Merriam Vineyards...
and discover why our vineyards are earning distinction as a world-class winery. We pride ourselves on paying meticulous attention to the endless details that go into making fine wine. No short cuts...no compromises... nothing mass produced.

The result?
Our Merlot & Cabernet Sauvignon have won double-gold awards and are attracting attention from critics, collectors and people who are passionate about wine.

Enjoy!



**MERRIAM
VINEYARDS**

Tel: (978) 352-8155 • Fax: (978) 352-8857
www.merriamvineyards.com • email: info@merriamvineyards.com

P.O. Box 115 • 103 Main Street • Kingfield, Maine 04947

*The Luce Family
Sugarloafers since 1952!*

Fax 207.265.2987 • www.valleygasandoil.com

1.800.675.7443 • 207.265.5443

*Your complete energy source for
propane, kerosene, fuel oil and equipment*

VALLEY GAS & OIL COMPANY



Sugarloaf Mountain Ski Club

N · E · W · S

On the Mountain • Village West #13
Carrabassett Valley, Maine 04947
www.sugarloafskiclub.com



Five-time National Champion and three-time North American Champion Joan McWilliams Dolan made a mogul field look like a groomer in her heyday. Actually, she's still ripping it up out there!

INSIDE: News about stuff that only Sugarloafers care about!