



Sugarloaf Ski Club

JANUARY 2003

8th ANNUAL SNOWBALL

**be sure to reserve your tickets early for the Snowball-
entertainment by Uncle Al at the Sugarloaf Inn
again this year ~ be there!**

**the date is the 25th of January, the time 6:30,
dinner and dancing 'til midnight !!**

**reservations available at the ski club office
cash or check (sorry, no credit cards),
reservations accepted only with payment
\$45 per person**



Annual Meeting of the Sugarloaf Ski Club

**January 18 at the Competition Center, 5:00 pm
Refreshments will be provided
All members are invited
Bring your ideas and suggestions**

Race Day Preparation

Race day is when all your efforts and all of the stresses of competition collide in a single point of time. In order to focus all of your energies on the task of skiing fast and well on race day you must develop a ritual of organization and preparation and follow it religiously.

What do you need to do to be "ready to rocket"? Start by considering everything that must be accomplished before you step into the starting gate. Make a list. Which of these things can only be done at the race site?

The things you have to do at the race are pickup your bib, boot-up, meet your coach, inspect the course, warm-up and get to the start 10 minutes before your start. After your first run you need to relax, refresh yourself, eat a little, drink some water, inspect the second course, warm-up and get to the start again. These things take time and these are the only things you should be thinking about on race day.

Everything else is "race day preparation" and should be done before you go to bed the night before the race. All your equipment should be prepared, checked, packed and ready to go. Money, lunch, snacks and drinks packed and ready to go. Check your list again before you hit the hay. Everything that can be done ahead of race day will allow you to relax and focus your energies on the race.

You have trained hard and sacrificed socially and financially in order to race well. Race day preparation is the final step in your effort to perform well in competition. Create that list. Develop a pre-race ritual. Be religious in your preparations. Let your energies flow to your performance on race day.

—Peter Smith, SCVA coach

NEWS FLASHES !!

The Ski Club has purchased 12 new red gatekeeper aprons emblazoned with the ski club logo. They have 3 pockets for gate cards and pencils. Hopefully they will make the job easier especially on those cold days when hands and fingers get stiff!!

Sue Foster says the touring center has great grooming and lots of peace and quiet. So, come on down~~go skiing, snowshoeing, or just have one of our great lunches! It is also a nice place to be when the winds start whipping at the top of the mountain.

The SAD # 58 ski program starts on the second Wednesday of January. The Ski Club is collecting warm hats, mittens, helmets, goggles, etc. for donation to children who come up without enough clothing to keep warm. It's hard for a child to have fun or learn while shivering. There is a large box outside the Ski Club door upstairs in the Competition Center for donations .

SO LOOK THROUGH YOUR CHILDREN'S OUTGROWN THINGS

MESSAGE FROM CHARLOTTE ZAHN, OUTGOING PRESIDENT, SUGARLOAF SKI CLUB

It is good when snow comes early in the ski season. Now if only we could only arrange a few more hours of daylight in which to enjoy it! When things are good, we always want them still better. It is the same way with the Ski Club. We are in very good shape but trying to do more and more. During January we will have our Snow Ball and Annual Meeting as we have in the past years, but we will also attempt to have coffee for members in the gazebo just below Competition Hill on race days and perhaps just darned cold days. For several years we have been trying to arrange some sort of facility or covered shelter in which spectators might get warm while watching races or during "race holds". This is still new and we have to work with SMC but it looks hopeful. We also thought how cold it is (during those same holds) for the next racer in the gate waiting and waiting. We now provide warming capes at the start. These are little things but a little bit better things. That is what the Ski Club is all about. Thank you for being part of it!

~ Charlotte

HAPPY TUNES!

SKI SERVICE CENTER



Winter Hours

Mon-Thurs: 7:30 - 10 and 3 - 8:00 pm
 Friday 7:30 - 10 and 3 - 10:00 pm
 Saturday 7:30 - 10 and 3 - 8:00 pm
 Sunday 7:30 - 10 and 1 - 6 pm

Basic Edge Maintenance Kit:

FK Multituner, variable side and edge guide
 DMT 3-piece diamond stone set
 Gummi stone

Regular: \$78
 SSC members: \$60

VALLEY CROSSING, NEXT TO TUFULIO'S RESTAURANT
 RT. 27, 7 MILES SOUTH OF ACCESS ROAD
 CALL 235-TUNE (235-8863)

happytunes@tdstclme.net

Alpine Exchange at the Touring Center

Are our alpine skiers familiar with the "alpine exchange" with the Touring Center? If a person has purchased a full day alpine ski pass and finds that it does not work out well (e.g., too windy, too icy, etc.), that skier may come to the Touring Center and exchange it for a pass and rentals to use on the cross country trails instead. Equipment must be returned by 4 pm. Enjoy that as an alternative!! What a wonderful idea.



CVA and Sugarloaf/USA honor longtime S/CVA Freestyle Coach, Greg Francoeur

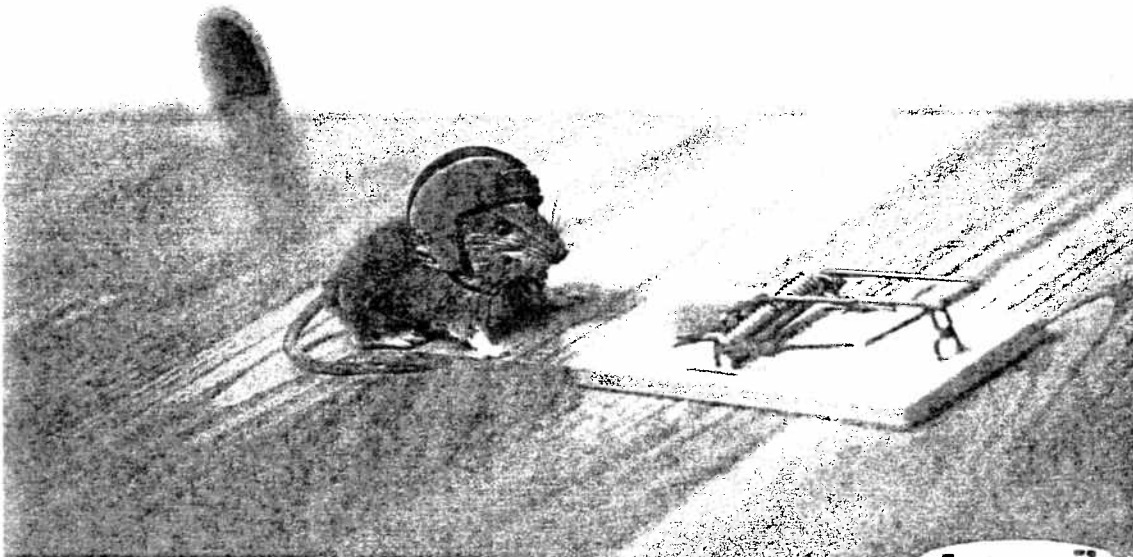
Carrabassett Valley Academy and Sugarloaf/USA honored Greg Francoeur at the first annual Greg Francoeur Mogul Meet on December 14 and 15, 2002. The Greg Francoeur Memorial Mogul Meet is held at Sugarloaf/USA in honor and remembrance of Greg, who passed away unexpectedly on August 17, 2002, for his passionate coaching style, positive outlook on life, and devotion to his wife and two children, Kristin and Jake.

CVA's Chris Gebhardt, Class of 2003, was the big winner of the weekend. Chris was the men's 1st place winner on Saturday and placed 2nd on Sunday. Other notable CVA athletes include Andreas Nauleau placing 7th, Lucien Bisson placing 10th, and Dan Marion placing 11th during the event. Rachel Karkowski, competing for Stowe, placed 1st overall for the women.

The Greg Francoeur Memorial Scholarship Fund has been established to assist financially deserving students at Carrabassett Valley Academy. Greg's spirit and admiration for Sugarloaf Mountain and coaching will live on through the generosity of this very meaningful memorial scholarship fund. Memorial contributions may be sent to:

The Greg Francoeur Memorial Fund
c/o The Maine Community Foundation
One Monument Way, Suite 200
P.O. Box 7380
Portland, ME 04112

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LOCAL FUNDS HELP 50 ALPINE, FREESTYLE, SNOWBOARD, AND CROSS COUNTRY APPLICANTS

The Sugarloaf Ski Club, the Sugarloaf Regional Ski Educational Foundation, and the Ayotte Fund received 50 applications for financial aid this year from young alpine skiers, freestyle skiers, cross country skiers, and snowboarders. These funding organizations hope to foster both recreational and competitive snow sport activity. While there will be some children who take part in competition, these funds also hope to encourage children to develop a healthy outdoor interest in a lifelong sport which is such a significant part of life and livelihoods in this region.

Applicants ranged in age from 4 to 19 and included both recreational and competitive participants. They were asked to estimate their instructional program expenses, and the range was broad—from \$240 for the cost of a program for beginning instruction, to \$10,000 for a junior racer for just travel costs and entry fees alone. Over \$12,500 was distributed among the 50 candidates.

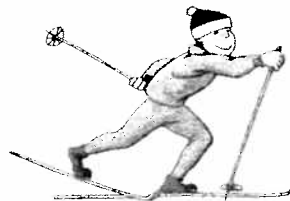
The Sugarloaf Ski Club Community Fund administers funds appropriated by the Town of Carrabassett Valley to aid SAD #58 children who participate in the weekend programs, both recreational and competitive, at Sugarloaf Mountain. These programs include the Minicuffer and Bubblecuffer groups and the Sugarloaf/Carrabassett Valley Academy program. Twenty-four local children shared in nearly \$6000 in financial aid from this town grant.

The Sugarloaf Ski Club appropriated an additional \$1800 for children not attending SAD #58 schools, and grants were made to 5 alpine and freestyle competitors from Carrabassett Valley Academy

The Sugarloaf Regional Ski Educational Foundation (SRSEF), at its annual meeting on 13 November, distributed \$1800 to 6 deserving young alpine and freestyle ski racers from Carrabassett Valley Academy. The SRSEF funds also include resources from the Amos G. Winter Fund, the Dan McKay and Mike Waddle funds for entry fees and out-of-state travel for Maine competitors, and the Brook Gallup Fund for snowboard athletes.


The Ayotte Fund, in memory of Dick and Martha Ayotte, serves local skiers and snowboarders. This year over \$3000 was granted for a variety of pursuits. Fifteen alpine, cross-country, and freestyle athletes, recreational and competitive, were given help to pursue their sports.

The Community Committee of the Sugarloaf Ski Club, under Sue Manter, worked hard to encourage all of these funds to coordinate their efforts so that all applicants would be considered on the basis of their financial need and planned programs.



CALENDAR OF EVENTS

- January 11: MARA GS J3, J4
- January 12: MARA GS Q J1, J2
- January 13-17: Children's Festival Week
- January 18-19: Mogul A meet
- January 18: SKI CLUB ANNUAL MEETING
- January 21-21: FIS speed events
- January 25: SKI CLUB SNOWBALL
- January 28: Sugarloaf Schuss
- January 31: Lavagnino DH
- February 1-2: Freestyle B meet
- February 16: MARA Q GS J1, 2
- February 17: ME and MASS vacation week
- February 22: MARA Q GS J1, 2
- February 24: NH vacation week



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
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 237-2192

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Bruce Miles

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bruce@farmingtontravel.com

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 Ski Vacation,
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**Call about
 our March ski trip
 to Austria**

DISCOUNT PROGRAM FOR SSC MEMBERS

Present your membership card at these area businesses to take advantage of benefits. Many discounts are for regular priced items only, and some may not be used for alcoholic beverages, or during holiday weeks.

SUGARLOAF MOUNTAIN AREA

The Seasons and Double Diamond Restaurants 10% off dinner seven days a week

The Bag and Kettle -10% off dinner Sun-Thur (excludes specials, excludes holiday weeks)

D'Ellie's - 10% off sandwiches before 10:30am and after 1:30 pm, every day

Gepettos - 20 % off lunch (Mon-Thurs)

Gold/Smith Gallery -10% off jewelry over \$100

Hug's Italian Cuisine - 10% off dinner, food only (Sun-Thurs, excludes holiday weeks); must show card before ordering

Java Joe's - \$1.00 for a medium coffee

Mountain Images -10% off all services and merchandise

Ride On! Snowboard Shop and Sugarloaf Ski Shop 20% off MSRP, not including Labor, Bogner, or Burton

Sugarloafer Shop - 20% off MSRP

Perfect Turn – package of 5 clinics, any discipline, for \$99

Sugarloaf Outdoor Center – 20% off services (lessons, rentals); show card

STRATTON AREA

Mainely Yours - 10% off dinner

White Wolf Restaurant - 20% off entrees anytime, each patron must show membership card before ordering

CARRABASSETT VALLEY & KINGFIELD AREA

Julia's - Complimentary Boutique wine tasting with purchase of prix fixe dinner (one time only)

Longfellow's - complimentary wine or soft drink with dinner

Nostalgia Tavern - complimentary dessert with dinner

Scent-sations - 10% off store-wide

Sports Plus - 10% off regular priced items

Sugarloaf Sports Outlet - 20% off MSRP

Tufulio's - complimentary wine or soft drink w/entree

AROUND THE STATE

Hilltop Ski & Bike, Manchester, ME - 20% off all skis, snowboards, and other winter-related purchases (except sale items and labor)

Kentucky Fried Chicken & Taco Bell, Farmington Only - 20% off items or meals with the exception of Combo meals or Special price meals. Must show SSC Card.

McDonald's in Farmington, Skowhegan, Jay, Winslow, Waterville (x2), Newport, Augusta— With the purchase of a Value Meal, your choice of a free item from the \$1 menu. Please present your card to your order taker at the counter.

SKI CLUB LOGO ITEMS

We have lots of nice Sugarloaf Mountain Ski Club logo items for sale. Support the Club, show you are a member—all at the same time!

Such items as:

Roomy grey sweatshirts: \$25

Heavy white tee shirts, with an outline of Maine: \$12

Also gray tee shirts: \$10

Great blue denim shirts: \$35

Golf shirts: \$25 and 28

Baseball hats: \$15

Child-size baseball hats: \$12

Pushovers: \$8 on sale

Full aprons (with pockets) for ski tuning or barbecuing: \$20

First Trail posters: \$5

The office is open every weekend from about 8/8:30 to 2, and varying weekday hours (call).



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CONTACTS

Ski Club Office at the Competition Center
 Bonnie Stagers, Administrator
 207-237-6955
 207-237-3026 (FAX)-winter only
 sugski@tdstelme.net (EMAIL)

Charlotte Zahn, President	235-2522
Lev Steeves, Vice-Pres	235-2183
Don Fletcher, Secretary	235-2341
Philip Hunter, Treasurer	246-6181
Mary Jean Doyle, Membership	246-3283

Sugarloaf Ski Club
 Village West #13
 Carrabassett Valley ME 04947

MAKE YOUR SNOWBALL RESERVATIONS NOW !!