



Sugarloaf Mountain Ski Club

N · E · W · S

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Coming Events

April 5
McKay/Waddle Races

April 8
Midweek Social
The Rack • Sugarloaf
Access Road

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Jim McCormack - SMC
Eric Chamberlin - CVA

Ski Club Members:

Approx. 1,300

President's message



Falling snow made for a magical evening on the skating rink.

Spring has finally arrived!

Mother Nature gave us a cold one this year. March proved to be colder than usual, and we received a great gift of 10 inches on the first day of Spring.

The 2013-14 season was a good one for your ski club. The Beer Tasting held at the Carrabassett Library was a smashing success. Ginny and Nancy whipped up some great appetizers to go along with the beer from Rising Tide and Baxter Brewing. Over 75 club members showed up and we raised over \$1,700 for the Ski Club Scholarship Fund.

The Spaghetti and Skating Party held at the Outdoor Center was a big success. More than 120 kids and adults showed up for this popular event. Ragan Beauregard and her crew of volunteers put together a great dinner. The Outdoor Center provided us with fresh ice on the rink, and a light snowfall made for a magical evening.

Many members who are here mid-week attended our monthly Tuesday socials, and a good time was had by all. The final social of the season is scheduled for April 8th at the Rack. But, you don't have to attend a function to find good socializing in the Spring. On any sunny day, pack a lunch and sit out on the deck of the Jean Luce Building. If you're lucky, I might even have some Jimmy Buffet playing.

As I write this, the last Locals Race of the season is yet to be run. It has been a hotly contested series this year. The Bag, last year's champions, are in a tight race with The Shipyard. At the party last week, I overheard Alfred promising new jackets to his team if they won this year. Your SSC Team is in close contention for third place, a very creditable showing. Over 140 local folks have been competing this year and the level of camaraderie has never been higher.

Speaking of competition. Hats off to all our young members who compete in the CVA full-time and weekend programs. CVA's Waylon Wolfe has supplied us with a run-down of who went where in the post-season events, and you can read about them in this newsletter. It is amazing that six of our athletes qualified to compete in World Junior Championship events, and dozens have one on to regional and national events.

By the time you receive this, The "King of Spring" will be in full swing. Hopefully we will be getting more snow and, more importantly, lots of sunshine.

See you on the hill and on the Melvin Family Deck.

Bruce Miles,
President, Sugarloaf Ski Club

33rd Annual McKay/Waddle Scholarship Race - April 5th

It's time to gear up for the 33rd annual McKay/Waddle Scholarship Race that will take place on Saturday, April 5, 2014. This family-friendly fun race is a must-do at Sugarloaf every spring! It is a Giant Slalom course set on lower Competition Hill, and you are allowed to take two runs. The best combined times wins. Starting time is 10 am and you can take your two runs between 10 am and noon. The Race is open to Snowboard, Tele, and Alpine divisions. Everyone who enters gets their name placed in a bib draw for some great prizes. The \$25.00 entry fee gets you a tee-shirt, a lunch on the Jean Luce Building/Melvin Family Deck, a chance at prizes, and the opportunity to help young racers defray their entry fees and travel expenses.

The McKay/Waddle Scholarship Funds were the brain-storm of the families of Dan McKay and Mike Waddle after they each lost their lives in separate tragic accidents in the early 1980's. Both of these athletic young men were great skiers and racers who attended the tutorial programs that were the beginnings of CVA and the racing programs at Sugarloaf. They remained friends through high school, college and beyond, and they were true "Sugarloafers".

So get your family and friends together for a great cause and very fun day on Comp Hill: April 5th. Sign up at the Competition Center the morning of the race. For more information, please call Jano Wilkinson at 246-7872, or the Ski Club at 237-6955. See you there! ▲



Above: Matt Waddle running the course.



Above: Muriel and Bob Tonge enjoyed the sunny deck at the 2011 McKay/Waddle Race.



Right: John Hellstedt and Rick Chenard cook burgers and hot dogs at our frequent BBQ's at the Jean Luce Building. Perhaps they will be cooking your lunch at the McKay/Waddle Race.

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



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Six CVA athletes represent the U.S. at Junior World Championships

Carrabassett Valley, Maine - Carrabassett Valley Academy is pleased to announce the following athletes have earned the honor of representing the USA at this year's FIS Junior World Championships: ROLLIE ZAGNOLI '14 (boardercross), DEVRYN VALLEY (boardercross), KEEGAN KILBRIDE '14 (park & pipe skiing), NESSA DZIEMIAN '12 (moguls), and MIKE HAYES from the CVA Weekend Program (skiercross).



Keegan Kilbride, Park & Pipe Skier

Mike Hayes, Skiercross



Devryn Valley, Boardercross



This major event will bring together the top junior competitors from across the globe to Valmalenco, Italy between March 26th and April 6th.

Competitors are invited based on their cumulative results throughout the season. The results from the Junior World Championships will determine

the best overall junior competitors in each discipline and age class. The event is also a proving ground for those athletes who aspire to train and

compete for their national teams.

In addition, 2013 graduate

Continued on page 5

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

News from Our Friends at Maine Huts & Trails

Still time to enjoy winter skiing!

We continue to have great snow and as the temperatures get warmer and the days get longer, we're set for some great spring skiing on our trails! On March 31st, the huts became self-service; you can rent out an entire hut to yourself, cook your own meals and enjoy some fantastic back-country skiing or snow biking. For more information, and to book your stay, please visit www.mainehuts.org or call (207) 265-2400.

Warm weather is just around the corner!

The weather is already warming up and spring and summer will be here sooner than we think. As always, Maine Huts & Trails offers a variety of seasonal activities all year long and there is no shortage of

fun to be had when ski season ends. All of our huts provide the perfect base for hiking, biking, fishing, whitewater paddling, kayaking, swimming, and more, perfect for guests of all ages.

Our huts will officially open for the summer season on the 4th of July, with Grand Falls Hut opening on July 18th, but of course, self-service time before then is still a great way to experience these outdoor activities and enjoy rate savings.

July 5th Summer Kick-Off BBQ

We will also be throwing our Annual Summer Kick-Off BBQ to welcome the season on Saturday, July 5th from 11am-2pm at the Sugarloaf Outdoor Center, so be sure to mark your calendars! While this celebration is free for members, all are invited to join us; the



Hikers arriving at the Flagstaff Lodge.

cost is just \$12 for non-member adults and \$6 for non-member children. To RSVP for the BBQ please email lodging@mainehuts.org or call our office, and as always, children stay FREE opening weekend!

For more information on Maine Huts & Trails and/or

to become a member, please visit www.mainehuts.org/membership.

See you on the trails and be sure to check out our new website!

Charlie Woodworth
Executive Director, MH&T ▲



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Jr. Worlds

Continued from page 3



Rollie Zagnoli, Boardercross



Nessa Dziemian, Moguls



Sam Morse, Alpine Racer

Sam Morse qualified for the FIS Alpine Junior World Ski Championships, which took place in Jasna, Slovakia in early March. Morse earned

a 7th place finish overall, 2nd in his U18 age group.

We are extremely proud to have six athletes from five

different disciplines qualify for Junior Worlds this year," said CVA Head of School Kate Webber Punderson. "This is the most substantial

representation we have ever had for these events." ▲

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ASK HAPPY TUNES!

By Happy Tunes owner,
Lionel Hering

Hope all is well... I need your help. I typically change the kids ski base structure from winter to spring once they qualify for Easterns or Finals w/o much thought to snow or climate conditions... Now that Camila is getting a bit more advanced I thought I should consult you and get your input... BJ.

There is plenty of "talk" about structures out there, and yet, at the end of the day, it is a basic principle. Structure is used to either fight friction or break suction. Friction from a cold, abrasive snow crystal, will likely "burn" the plastic material of the base. On the other hand, friction from a warmer, ounder snow crystal is more likely to melt said snow into a

thin film of water that will create suction beneath the plastic base.

More often than not, for those in the NorthEast who do not have the luxury of running different skis with either cold or warm bases, simply refreshing a structure is enough to yield good Spring results.

Stucture pattern vs. structure depth vs. structure length:

Structure pattern: I have many times challenged manufacturers to show me conclusive evidence that a "bell-shape" pattern vs. a "chevron" pattern vs. a "linear" pattern vs. a "broken cross diagonal" pattern vs. an "arrow" pattern, etc. is faster in certain conditions. I have also run fairly extensive testing of our own. Zilch; nada; zero evidence. So I'm afraid it is really more a marketing ploy used to demonstrate the increasing numerical abilities of modern stone-grinders than anything else. And I do admit

that we love to play with those patterns.

Structure depth is definitely important. The key thing to remember is that TOO MUCH STRUCTURE (meaning too coarse, or too deep) WILL BE SLOW. So, if in doubt, less depth is better. Depth, of course, relates to how much water one tries to channel away from the base, the same way a rain tire aims at managing water on the road. Depth is the primary tool in breaking suction. Expect, therefore, a deeper structure to be cut for Spring conditions.

Structure length relates more to direction. For instance, albeit a bit simplistic, a distinct, linear structure makes a lot of sense for a Classic XC ski. Possibly even for a DH ski. But not as much for a SL ski which is constantly changing directions. Note that structure length (as it relates to the length of the troughs, or of the

peaks of the structure) is also a decent secondary tool to manage suction - secondary to depth.

Very important is how "clean" the structure is. Meaning that it takes a very good stone/diamond combination to produce a "perfect" structure. That combination is fragile and erratic. Shops that depend on volume to 1) amortize their machinery and 2) make a living (that's EVERY ski shop out there) can not afford that sort of combination. Few, namely the more race-oriented shops, will spring for better quality stone/diamond combos, which are still extremely expensive, yet can still handle the less-than-well made recreational skis that inevitably will "ruin" the stone's outer layers (we always grind race skis immediately after new cuts of the stone). Most shops will use harder stones that can take wear and abuse better, and handle higher recreational volume. At Happy



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Tunes we have the good fortune of running two different stone-grinders, each equipped with a different density stone. Most nights, we use both concurrently.

Point is that there is a slew of variables that will affect how "clean" a structure cut into a stone might be. And yes, there are a few techniques employed to clean a freshly cut structure, which, given the added steps required, most shops will not use and probably not even know about. Some "Old Timers" keep old, well worn sanding belts just for that purpose. Others swear by special "finish" abrasives. At Happy Tunes we use our own process which, I apologize, I can not divulge here (!).

Note that if that skill and knowledge isn't available, all, including you, the end-user, can safely rely on a lot of base brushing as a pretty safe way to make skis faster: first with a

medium-abrasive ScotchBrite-type pad, then with actual brushes of various hardness. The goal: 1) round-off the "peaks" of the newly cut structure via the friction of the pad's fibers and the brush's bristles and 2) hope to grab and pull whatever micro-filament of plastic may have been cut yet still loosely hangs off the base since those will create enormous drag once on snow.

Finally, every experienced tech out there will tell you the same thing: if in doubt, after all the inside work is done, best is to ski the new structure: after all, snow is nature's scrubby and, given that the skier can avoid rocks or other objects, will do a great job at rounding and cleaning the new structure on its own.

So techs, and shops, really differentiate themselves by how effective they are at finishing a structure after it is cut. And

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Ski Museum of Maine News



Second Annual Maine Ski Museum Golf Classic

Ski Museum of Maine

Bruce Miles,
Executive Director

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Winter hours:
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Thanks to the interest and generosity of Sugarloafers, the Ski Museum of Maine had its most successful Maine Heritage Ski Classic ever. Museum attendance at all of our events and at the Museum itself has been strong. Our members have been very supportive of our mission to "Preserve Maine's Skiing Heritage".

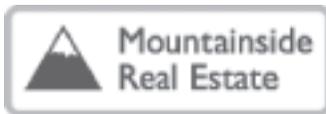
Our second annual Golf Classic is scheduled for June 9, 2014. It will be hosted at the Nonesuch River Golf Club in Scarborough. This is a great golf course operated by Sugarloaf Dan Hourihan. The event is organized by Ski



Ski Club members Tony Jessen, Regis and Carolyn Lepage, and Jerry Hall at last year's Ski Museum of Maine Golf Classic.

Maine Association to benefit the Ski Museum. This year, two-time Olympic Gold Medal winner Seth Wescott has agreed to play, and that in itself

should add to the excitement of the day. More information on how you can participate is found at www.skimaine.com/golf. ▲



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Happy Tunes *Continued from page 7*

they REALLY differentiate themselves when a ski has to be re-ground before an important event and the luxury of "breaking" the structure via skiing it is not going to be available due to lack of time. This is where legends are made.

Unfortunately, I can not give you anything more specific, meaning that the ideal scenario would be to write you a "prescription" with recommended diamond advance/depth, feed speed, stone speed, and dressing speed. Rather "proprietary" stuff (!). Also, given that different techs/shops use different machines, may not be so useful.

However, and in a nutshell, consider the following when you're thinking about structure:

- LESS (structure) IS almost always BEST.
- The HIGHER THE SPEED of the event, the likely the MORE FRICTION to 'fight'.
- IF COLD FRICTION (ie. "freezer burn" where, despite the heat generated by friction beneath the bases being high enough to burn the plastic, the snow is actually too cold to melt), A FINE STRUCTURE IS BEST.
- FOR WARM FRICTION, which melts the snow and generates suction, A DEEPER STRUCTURE IS BEST.
- As a rule, therefore, you can expect deeper structures for Spring conditions than for mid-Winter conditions.
- As a rule, you can also logically expect to see MORE STRUCTURE into a GS SKI averaging 45mph, and LESS STRUCTURE into a SL SKI averaging 25mph, given the same snow conditions. Applying the same structures to SL and GS skis (to say nothing of speed skis) makes little to no sense!
- WAX HARDNESS is an important tool to fight both friction and suction; yet BRUSHING is even more important... you can still make a ski run well after "missing" the wax IF you brush it extra-well!
- Depth of structure has nothing to do with wax absorption (re moving base oxidation does).

I hope some of this helps! ▲

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CVA Post Season Qualifications

CVA athletes from both our full-time and weekend programs are finding themselves traveling around the country (and world) this time of year competing in regional, national, and world championships across all disciplines.

Here's the break-down:

Alpine

Sam Morse '13: Qualified for Junior World Championships (2nd place finish), U18 U.S. National Championships, and Canadian Nor Am finals

Czari Cochrane: Qualified for U18 U.S. National Championships

U16 National Championships

Invites: Erica Jenson, Sophia Morris, Dev Thomas

U16 Eastern Championships

Invites:

Erica Jenson, Sophia Morris, Dev Thomas, Alex Habig, Henry Kearing, Kelsie Grant, James St.Ville, Nick Beliveau

U16 Eastern Finals Invites:

Dylan Klein, MacKenzie Carr, Devon Garber, Blake Thompson

U16 Can-Am Invites:

Kelsie Grant, Dev Thomas, Alex Habig, Nick Beliveau, James St.Ville, Henry Kearing



Erica Jenson

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CVA U14's on their way to Eastern Championships. left to right: Coach Lester Spear, Ella Spear, Simon Spear, Sam Conzelman, Emma Kearing, Rylee McCormack, Coach Andrew Willihan

U14 Eastern Championships Invites:

Garrett Alexander, Devon Lathrop, Simon Spear, Hayden Van Alstine, Rylee McCormack, Sam Conzelman, Emma Kearing, Sarah Berube, Ella Spear

U14 Eastern Finals (Piche) Invites:

Sam Thompson, Beck Kendig, Kelsey Kubota, Gibson Scott, Ben Jacobs, Quinn Richards, Carolyn Melvin

U14 Can-Am Invites:

Rylee McCormack, Sam Conzelman, Emma Kearing

U14 Nationals Invites:

Rylee McCormack

Continued on page 12

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CVA Qualifications *Continued from page 11*

U12 Eastern Finals (Piche) Invites:

Luke Kearing, Ian Geikie, Killian Lathrop, AJ Noyes, Ben Keller, Sebastian Segre, Ava Cayer, Eva Clement, Emily Johnson, Angelique Labelle

Maine Class A High School Championships:

Joe Lesniak (SL 1st, GS 1st), Elyse Dinan (SL 1st, GS 1st), Jason Beland (SL 8th, GS 6th), Abby Mills (SL 9th, GS 5th), Kyle Farrington (SL 9th, GS 12th), Eveyln Thompson (SL 5th, GS 7th), Sam Perlmutter (SL 5th, GS 20th), Kelsey Otley (GS 13th), Teal Otley (SL 11th)

Maine Class B High School Championships: Crockett Lalor (SL 2nd), Elise Luce (SL 1st, GS 1st), Blake Enrico (SL 9th, GS 10th), Lydia Morin (SL 4th, GS 6th), Brendan Carey (SL 11th), Emily Listowich (SL 10th, GS 15th)

Maine Class C High School Championships: Louis Frumer (SL 1st, GS 1st)

Eastern High School Championships:

Elise Luce (GS 1st), Joe Lesniak (SL 4th, GS 11th), Elyse Dinan (SL 66th), Eveyln Thompson (SL 53rd), Crockett Lalor (SL 33rd, GS 54th), Louis Frumer (SL 17th)



Bianca Marcello and Abi Zagnoli are in the starting gate for a skiercross competition.

Massachusetts High School Championships:

Charlie Thompson (SL 9th, GS 6th), Sarah Rowse (SL 12th, GS 4th)

Freestyle

Junior World Championships Invites:

Keegan Kilbride (slopestyle), Nessa Dziemian '12 (moguls) U.S.

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Junior Championships Invites:

Keegan Kilbride (1st place, Slopestyle), Michael Lundy, Noah Fournier, SJ Grundon, Grace Holstein, Jesse Lowell, Nick Morales, Wyatt McDermott

USASA National Championships Invites:

Joris Gritalis, Parker Pierson, Miguel Ordoqui

Tri-State Championships Invites:

Lauren Zimmerman (2nd), Kaitlyn Dowling (7th), Alex Dowling (6th), Dory Michaud (1st), Matthew Ricker (3rd), Jonathan Maidman (7th), Jake Francoeur (7th), Connor Dolan (9th), Andrew Clark (11th), Lance Dolan (6th), Hunter Brackett (1st), Alexander Hall (14th)

East Coast Junior Championships Invites:

Lauren Zimmerman, Kaitlyn Dowling, Alex Dowling, Dory Michaud, Matthew Ricker, Jonathan Maidman, Jake Francoeur, Connor Dolan, Andrew Clark, Lance Dolan, Hunter Brackett
Snowboard

Junior World Championships (BX) Invites:

Rolie Zagnoli, Devryn Valley

USASA National Championships Invites:

Liam Moffatt, Maddi Chamberlin, Chase Blakey, Cailean Schecter, Jeb Dulac, Austin Manley-O'Brien, Nick Malone, Jerry McGuire, Stephen Just, Tommy Maune, Rollie Zagnoli, Devryn Valley, Kristen

Michael Lundy



Venuto, Eric Williams, Oliver Temple, Alex Guerriere, Joan Margarit, Ari Spagnuolo, Zackary Stewart, Emma Downing, Evan Downing, Ethan Paluzzo, Mike Martin, Cole Adams-Beya

Skier X

Junior World Championships Invites:

Mike Hayes

USASA National Championships Invites:

Abi Zagnoli, Bianca Marcello, Luke Kearing, Mike Hayes ▲

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Just a couple of thoughts about bumps

By Peter Howard

Sugarloaf Ski and Snowboard School Training Coordinator, PSIA-E Education/Certification Chairman



U S Ski Team Mogul Skier Jeremy Cota

When spring comes to the mountains, so do the bumps. There is an old saying about bumps that goes something like this... "It's not that you can't ski the bumps, it's just that you can't ski and the bumps prove it." Now that may have hit a nerve, and hopefully it also is food for thought and a little motivational, because just like skiing in gates there is significant consequence to inaccurate skiing in moguls. Many folks are of the belief that the bumps are the realm of the young and the athletic. The reality is that the bumps are the realm of the balanced. You don't have to be young or super fit, until balance and tactics let you

down. So let's talk a bit about what works in the bumps.

First off, as Clint Eastwood says in one of his movies, "A man (or a woman) has got to know his/her limitations". Big, close, icy, egg carton shaped bumps are not the place to find out if you're feeling lucky. Like dining at a third world restaurant, one must choose the entree wisely.

When people talk about good balance being the key to bump skiing, it may ring true but it is also a bit vague. Balancing can be divided into 3 areas. There is fore aft balancing, side to side or lateral balancing, and what could be termed vertical

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balancing, as in how we stretch and bend towards and away from our feet. These areas of balance can be tied directly to edging, turning, and pressure management. The more centered you are the better the skis can be turned. The more exacting and versatile your lateral balance is the better the edges can be used. Vertical balancing is how well you can lengthen and shorten the body while staying over the feet. This is the essence of pressure management. Moguls place a premium on being able to turn well and manage the pressure of changing terrain.

The bigger the bumps, the greater the range of motion used in the lengthening and shortening of the legs. If you are not as young as you feel, avoiding pressure spikes is a good goal. Pressure spikes are those moments when you

either hit the edges hard or the face of a bump hard. How you avoid pressure spikes is with good line and not trying to make the edges hold. Allow some sideways drifting, which lowers the likelihood the skis will squirt out from under you.

*We can't all ski
the bumps like
Jeremy Cota, but
here are some tips
to improve your
experience.*

(This is why skiers often wonder if they lost their balance and got going too fast, or did

they go too fast and lose their balance?) Sideways drifting also scrubs some speed so the "big hit" is minimized. Face the direction of the drift and time a "soft" direction change against the shoulder of a bump. Flex the legs to further soften the impact. Try to go slow enough so you have choices. The bigger the bump the more flexing there should be. The snow surface on the downhill side of the bump will fall away from under the skis. From a flexed stance on top of a bump you will be able to lengthen the legs to maintain contact with the surface. Use the ankle joints to tip the front of the skis down, thus keeping the whole ski on the snow. Even though your hips will be behind your feet in a flexed stance, your balance should be over your feet by keeping both hands forward and flexing the spine.

A nice cue to say to yourself when approaching a bump is "Bend (the legs and spine), Change (change edges), Stretch (stretch out the legs)".

Plan on spending several runs in bumps that seem reasonable to work with. The first run is usually not a good one to remember as the body and mind need to warm up. The third, fourth, and fifth are often the good ones. Cool down on the groomers and revel in the nimbleness you've acquired from your time in the bumps. Like most things in life, the more you do it the better you get at it. In time, you will be able to say "I can ski and the bumps prove it!" May you dance with the bumps this spring. ▲



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