

January 5th, 2010

Greetings Freestyle Membership,

It was great to see so many ski club families ripping it up over the holidays! I feel skiing with family and friend's over the holidays is very important in terms of fostering a life-long enjoyment for skiing and the outdoors. While Christmas Camp participation was not strong overall, we did have nearly 30 athletes per day. Sunday's Southwest Tour mogul event on Dew Drop turned out to be a fantastic day, as 53 competitors rose to the challenge on the difficult course. I'd like to thank all of our volunteers for helping make the competition a huge success! Sure enough the medals and trophies arrived yesterday, so we will distribute the hard wear to athletes in practice this week. Results are posted at tssc.org, on the freestyle homepage, under "results."

We are back to our normal training schedule this month: Tuesdays 3rd grade 9:00-2:15, Wednesdays 4th-6th grades 9:00-2:15, Thursday & Fridays 7th-12th grades 1:00-4:00, Saturdays All Ages 9:30-3:00, Sundays All Ages 12:00-4:00. These practices are also posted on the left hand tool bar at tssc.org on the freestyle homepage. Please note that training and competition schedules are periodically updated to reflect any changes that may have taken place, please check the website for the most recent information.

Coming up **January 23rd & 24th** is the second Southwest Tour event, hosted by the Durango Winter Sports Club (DWSC). Saturday the 23rd will be the Slopestyle competition and Moguls will be on Sunday. Registration for this event will take place on site, the morning of the competition. As soon as DWSC sends us a fact sheet detailing the events, I will post it at tssc.org. **Please fill out the TSSC registration for this event, currently posted at tssc.org.** It is TSSC philosophy that, rather than increasing dues for all freestyle families, to cover coach travel expenses, we charge a small fee from each family whose children attend the particular events, in order to cover lodging, gas, and food for coaches. TSSC does pay coaches salaries for competitions, through our dues and fundraising.

On February 6th & 7th we will be traveling to Aspen for Rocky Mountain Devo competitions. Saturday the 6th is aerials, while moguls is on Sunday the 7th. Registration for this event is online only, at rockymountainfreestyle.com. Click on "09/10 Devo Comp. Schedule" and scroll down to the Aspen event to register. **Please complete the TSSC registration for this event also, posted at tssc.org.**

We are hosting two more competitions here in Telluride this season, a **Rocky Mountain Competitive Series event on Lower Plunge Feb. 13th-15th**, and the **Rocky Mountain Devo Championships on Smuggler/Terrain Park March 12th-14th**. If you are looking to fulfill work credit hours, we have numerous volunteer positions available. Most of the positions are listed for each event at tssc.org – freestyle homepage – under the "volunteer" heading. If you would like to sign up for a position simply send me an e-mail indicating your interest and I will plug you into a position.

You may have seen TSSC alumni Carlos Cagin and Jesse Hope filming up on the mountain these past few weeks; they've been shooting a ski documentary about the Freestyle Team, and will continue to shoot throughout the winter. They wanted to check in with everyone to make sure that's ok. If you would not like to be in the film, or if you would not like your child to be in the film, please let us know and they'll be sure to keep him or her out of our final cuts. In conjunction with the documentary, they will also be launching a "Ski Watch" section on The Watch website (http://watchnewspapers.com/pages/ski_blog) later this week, so please keep an eye out for that, as they would like the site to be as interactive as possible. If you have anything you'd like to contribute, or ideas on how to improve or change the site, drop Carlos an email at ccagin@watchnewspapers.com. And finally, the rightmost column of the site will be a rotating slideshow of ski photos, and ideally, they would like members of the community to contribute as many of those photos as possible. So again, if you have any photos you'd like to contribute, please email them to Carlos.

So far this season we have covered two of our general technique domains, Athletic Stance and Turn Initiation using Knee and Ankle Flexion. Looking ahead to the next two weeks, athletes will be focusing on Weight Transfer. Depending on weather and snow conditions, coaches generally spend the first portion of practice introducing new techniques on groomed slopes through various drills. Then groups work on the skills throughout the day as they take on steeper terrain, moguls, trees, variable snow etc. While our technique domains offer a solid group focus for each day, personalized coaching pertaining to the most pressing weakness that may need attention are also addressed with each athlete.

Thanks for your time & Happy New Year!

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