

The Steamboat Springs Winter Sports Club & The Lowell Whiteman School Present

FASST

Fall Alpine Ski & Scholastic Training



The Steamboat Springs Winter Sports Club announces the FASST Program for 2011. In October and November, ambitious and dedicated alpine athletes will be on snow in Summit County, CO, working with coaches from the SSWSC.

FASST is for highly motivated J3, J2, and J1 athletes who are eager to hone their racing skills earlier than their competition. The program will enroll a maximum of 25 athletes, for either a four-week or two-week session.

Academic support will be offered by The Lowell Whiteman School, a college preparatory boarding/day school in Steamboat. Student-athletes will be expected to maintain their academic standing through the program.



25 spots for the most ambitious Alpinists. www.lws.edu | www.sswsc.org

“FASST is the ideal project to get alpine athletes ready for the best possible season. Through focused training with great coaches, FASST participants will be the most prepared skiers on the course.” --Deb Armstrong, Alpine Director at the SSWSC





The FASST Project – 2011

Fall Alpine Ski & Scholastic Training



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| Dates | Four-week program: on snow Oct. 26 – Nov. 19, four days/week Two-week program: on snow Oct. 26 – Nov. 5, four days/week |
| Location | Summit County: Loveland, Copper, A-Basin, Vail |
| Staff | SSWSC Coaches Gene Bridgewater, Deb Armstrong, Scott Tanner, Mike Fairbrother, Erik Gilbert |
| Project Goals | <ol style="list-style-type: none">1. An extensive training block, close to the competition season. The large training volume allows for strong habits/fundamentals in technique and tactics to be formed.2. Academic support where neither academics nor athletics are compromised.3. World class training environment. |
| Content | On snow Wed. – Sat. (Summit County) Off days Sun. – Tues. (Steamboat) First block: fundamentals review in free skiing, corridors and brush courses. Second block: carving top of turn and transitions. Third block: turn shape and turn placement. Fourth block: glide turns, terrain adaptation, and speed (SG). |
| Enrollment | We are accepting 8th-12th grade student-athletes (J3, J2, or J1 racers). Apply by Sept 1st to SSWSC; application is available on the SSWSC and LWS websites. Screening process will account for athlete GPA, passing home program physical standards, participation in summer conditioning program and summer camps, and 2010-11 results. |
| School Work | LWS and the public high school will accommodate time away from school, as well as provide academic support and structure for the students. Study time and tutorials will be built into the schedule throughout the duration of the camp for all students. |
| Lodging and Meals | SSWSC-provided house/condo. Home-cooked meals. Residential oversight and other assistance provided by parents and coaches. |
| Cost, All-Inclusive | Food, lodging, transportation (Steamboat/Summit), lane fees, lifts, coaching, academics, shirt Four-week program for SSWSC athletes: \$2,550 Four-week program for non-SSWSC athletes: \$ 2,700 Two-week program for SSWSC athletes: \$1,300 Two-week program for non-SSWSC athletes: \$1,500 |
| Deposit/Payment | \$400 by Sept. 15. Balance due Oct. 15. Payment due to SSWSC. |

An unparalleled program for the most dedicated Alpine athletes.

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