

## Adult House League Racing

<b>Program Timing Duration</b>	January 14: Time Trials January 21: Race February 4: Race February 18: Race
<b>Daily Schedule</b>	Race Disciplines TBD  Inspection: 12:30 closes at 1:00 Run 1: 1:15 Run 2: following first run
<b>Meeting Area</b>	TBD meet coach(s) at inspection time on the race hill
<b>Age Requirements</b>	18 years and older
<b>Equipment Options</b>	Race Skis GS and/or SL, Race boots, downhill suit ( recommended but optional ) , goggles, poles, Helmet
<b>Prerequisites</b>	The ability to link turns on Blue terrain
<b>Team Selection</b>	As per Adult House League document to be announced once the decisions are made on an agreed team format.
<b>Objective</b>	Ski Skills-Fore aft movement, vertical and lateral movement, steering, sliding, carving, lower leg movement, rhythm, rotational stability, intro to tactical awareness, awareness of gliding and acceleration in turn.
<b>Competitions</b>	One Time Trial Race and 3 other races. Each race will consist of two runs in the same course and your fastest time will be your result.
<b>Race Locations</b>	Varied. The goal is to have at least three different trails used for the 4 races.
<b>Price</b>	\$140 includes all 4 starts