

Recreational Racing Program: Developing Athletes

For the 2011-2012 winter season, the Adaptive Sports Foundation Competition Programs will continue to provide a seasonal weekend racing program for skiers and snowboarders whose aspirations are more recreational and regional in nature. These athletes include individuals with physical and cognitive disabilities who will compete primarily in Special Olympics races and in the Diana Golden / Mills Cup Level I races in the region. These athletes also include individuals who may be new to racing.

Part-Time Weekend Program Highlights

- ❑ Weekend race coaching and gate training conducted by volunteer coaches under supervision of race coaches and certified adaptive instructors, including video analysis.
- ❑ Coach representation at selected races.

Program Fees

Fees do not include race fees, travel to out-of-area competitions, coaching travel fees to out-of-area competitions.

Weekend Program (including season pass):\$1600
Weekend Program (not including season pass):.....\$1250
ASF Special Camps (ASF/Windham): TBD*
**ASF has been successful in the past in receiving financial support through sponsorships for special camps. Camp fees will be determined later in the season based on these efforts.*

Uniforms

All participants in the ASF recreational racing program receive a team jacket for use during the winter season.

Competitions Program Staff

Managing Director - Programs and Staff Development
Bob Speck

Head Coach
TBD

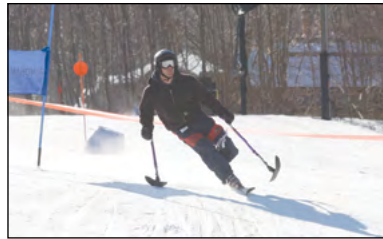
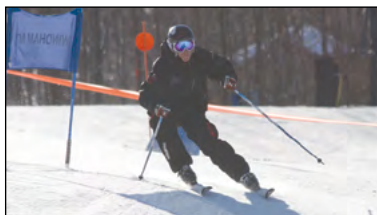
Part-time Midweek Competitive Program Coach
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2011-12

Competition Programs



Windham

2011-12 Adaptive Sports Foundation Competition Programs

The Adaptive Sports Foundation provides profound and life changing experiences for individuals with physical and cognitive disabilities and chronic illnesses through outdoor physical activity, education, support, and community.

For the 2011-2012 winter season, the ASF Competition Programs will include both a part-time weekend racing program and a full-time midweek racing program. Our goal is to provide student-centered race training opportunities for individuals ranging from part-time athletes whose aspirations may be recreational in nature, to full-time athletes whose aspirations are more competitive, with possible US Paralympics Alpine Skiing National Team aspirations.

Competitive Program: Emerging and Elite Athletes

The Paralympic Sport Club Windham is a program of the ASF conducted in partnership with United States Paralympics for Paralympic-eligible athletes with physical or visual disabilities who are seeking to become internationally competitive. It is a seasonal race training and development program with scheduling options to accommodate individual needs. To participate in the full-time program, athletes must be able to live and ski independently.

Full-Time 12-Week Program Highlights

- Weekly race coaching and gate training conducted by race coaches and certified adaptive instructors, 4 days per week, and including weekly video analysis.
- Special race training camps (total of 2 or 3 weeks tentatively scheduled at Olympic Training Center in Lake Placid and at ASF at Windham Mountain).
- Indoor fitness training conducted by certified yoga teachers and personal trainers. Use of local fitness facility at selected times.
- Shared locker room and tuning space in ASF's on-mountain timber-framed lodge. Season pass or daily lift tickets at Windham Mountain.
- Coach representation at Ski Spectacular, as well as selected races.

Part-Time Weekend Program Highlights

- Weekend race coaching and gate training conducted by volunteer coaches under supervision of race coaches and certified adaptive instructors, including video analysis.
- Coach representation at selected races.

Typical Weekly Schedule for Full-Time Athletes

Individual schedules are determined based on the following typical on-snow training program:

- Mon-Th** Morning on-snow training; afternoon work-study options; afternoon on-snow training/late afternoon indoor training or yoga on selected days.
- Fri** Morning off; afternoon work-study options; scheduled indoor evening topics
- Sat-Sun** Volunteer and work-study options; races.

Tentative Seasonal Race Schedule (subject to change)

Nov. 28-Dec. 2ASF race training camp, Whiteface, NY.
Dec. 5-9 Hartford Ski Spectacular, Breckenridge, CO.
Dec. 12-15Ski Spectacular Copper Mountain races, CO.
Jan. 2-4 Nor Am Cup (TBD).
Jan. 9-12 US Natl. Championships GS/SL, Sugarbush, VT.
Jan. 13-14 Level 4 races (TBD)
Feb. 22-24ASF Race Camp, Windham, NY.
Feb. 25ASF Diana Golden Race, Windham, NY.
Mar. 3 ASF Michael Gray Race, Windham, NY.
TBD . ASF race training camp (speed events), Whiteface, NY.
Mar. World Cup, Winter Park, CO.
Mar.US National Championships DH/SG/SC (TBD).

Competitive Program Fees

Fees do not include race fees, travel to out-of-area competitions, coaching travel fees to out-of-area competitions. Fees do include coach representation at the Hartford Ski Spectacular and Ski Spec races at Copper Mountain.

Full-time 12-Week Program.....\$2750
Weekly guest athlete fee.....\$300
Daily guest athlete fee\$100
Weekend Program (including season pass).....\$1600
Weekend Program (not including season pass).....\$1250

ASF special camp Fees (Lake Placid and ASF/Windham):
□ Full-time ASF athletes Free
□ Other ASF athletes TBD*

*ASF has been successful in the past in receiving financial support through sponsorships for special camps. Camp fees will be determined later in the season based on these efforts.

Uniforms

All participants in the ASF competitive race program receive a team jacket for use during the winter season.

Options and Discounts

Volunteer Instructors: Full-time athletes have the option to become ASF volunteer instructors and assist in the teaching of weekend and holiday students in our daily programs. In exchange for approximately 14 volunteer days, athletes receive certain benefits provided by ASF and Windham Mountain. Depending on the number of volunteer days scheduled, these benefits may include: food and other discounts, season pass, seasonal locker room space, and training towards PSIA adaptive certification. **If volunteer requirements are satisfied, athletes who are also ASF volunteer instructors will receive a \$350 discount on the Full-Time 12-Week Competitive Program and ½ price reimbursement for PSIA certification exam fees. Volunteer requirements and applications will be available in September.**

Work-Study Options: There will be a limited number of work-study stipends of \$750 available for full-time athletes. Work-study stipends will be deducted from program fees; 6-8 hrs of work will be expected each week over a period of 10 weeks. Awards are based on job skills and ability to perform specific job requirements.

Full-time 12-Week Competitive Program fees paid in full and submitted with completed application before November 1, 2011, receive additional \$100 discount.

Fundraising

Being a competitive adaptive ski racing athlete is expensive. Through donations, grants and fundraising, ASF attempts to keep program fees affordable. It is the responsibility of each athlete to raise the funds necessary to be successful in their individual careers. ASF will be happy to highlight and promote the individual racing accomplishments of its competitive athletes, the extent of which will depend on individual accomplishments and relationship with ASF, and be the subject of individual agreement. ASF welcomes fundraising and promotional work by the athlete on behalf of ASF.

Accommodations

ASF will work with each athlete to find appropriate local accommodations. Options will include family home stay or shared room dorm-style living (depending on number of athletes). For younger students, ASF will have on-call staff available, assist in local travel, and assist in locating appropriate tutorial services (if required) for home school work.

Fees for accommodations are not included.