

## Training Tomorrow's State Champions . . .

Cadillac High School has a rich tradition as a powerhouse in ski racing. Since the state recognized ski racing as a MHSAA sanctioned sport in 1975, the Cadillac Boys' Ski Team has won State Titles in '78 and '81. They were Runners' Up in '76, '82, '14, and have numerous other top-ten finishes. The Cadillac Girls' Ski Team won State Titles in '77, '78, '83, and '90. They were Runners' Up in '75, '76, '80, '82, '84, '85, '86, '89, '96, and '01. The girls have rarely been out of the top 10.



These records make the Cadillac High School Ski Team the most successful athletic program at Cadillac High School. Historically, we rank 4th in the state, behind Traverse City, Marquette and Petoskey. In order to stay competitive, we need to train our young athletes in the art of ski racing at a younger age. This allows them the time to develop their skills in a fun, yet competitive, way. Our goal is to teach our young athletes ski racing fundamentals and to teach them the fun of competition. This, we hope, will keep the tradition of Cadillac Skiing alive and well.

## Cadillac Area Community Schools



### Junior Ski Racing Program

Supported By:



Cadillac News



R.T. Cole Construction

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Junior Ski Racing Program  
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## Cadillac Area Community Schools

# Cadillac Alpine Race Team

### Junior Ski Racing Program



# General Program Information

Cadillac Area Community Schools, in conjunction with the Cadillac Area Ski Club and Caberfae Peaks Ski Resort is proud to continue the Junior Ski Racing Program. This program is for all area children, age 8 to 14, who wish to expand their skiing skills into the area of ski racing. Those 7 and under need coaching staff approval.

Training will be held on Tuesdays, Thursdays & Saturdays. with several weekend club races against other area ski clubs.

All training will be at Caberfae Peaks, usually on South Peak. Club races will be at Caberfae for home meets, and other ski areas for away races. Coaching for this

program will be divided between experienced area coaches; Meg Mogan, Marty Williams, Larry Waldo and Bob Cole. With help as needed from Cadillac High School Ski Coaches Joe Host and James Netzley.



The cost for the 3 day program is \$130.00 per athlete per season for training only. You can train any or all days. Unlimited Nastar pass is available Saturdays for an added 30.00 for program athletes.

**Lift tickets are the responsibility of each participant.**

# The Details

**Ages:** 8 to 14

**Dates:** January 9th—February 28th

**Time:** Tuesday—training from 4:30—6:30 pm  
 Thursday—training from 4:30—6:30 pm  
 Saturday- training from 10 am-noon

Each 2 hr. session will be divided into a 20 min warm up, 10 min grouping for daily goals, 90 min of focused training. Time lines may change depending on condition

**Location:** Liberty/Olympia runs on South Peak at Caberfae Peaks Ski Resort

**Optional Race Dates:**

**Nastar @ Caberfae, Saturday's January—February.**

- \*Crystal Mt TBA [Invitational]
- \*Schuss Mt Jan27th [ASA Invitational]
- \*Sunday Mar24th Caberfae [Cadillac Invitational]
- \*Sunday Mar 2nd Caberfae [Jim Wickham SL]
- Saturday Mar 3rd Caberfae [Earl Huckle GS]
- Sunday Mar 9th/10th Caberfae [GR invite]
- Sunday Mar 17th Caberfae [Gold Cup SG]
- \*indicates official club junior race

**Cost:**

\$130.00 for Unlimited training only. ( Any or all days)  
 \$60.00 for unlimited Nastar only. \$30.00 when combined with unlimited training.

More information:

**Head Coach: Meg Mogan, [megmogan@gmail.com](mailto:megmogan@gmail.com)**

**Program Director: Joe Host [jhostns@gmail.com](mailto:jhostns@gmail.com)**



# Junior Ski Racing Sign-Up

Sign up for:	Price
<input type="checkbox"/> Full Season - Unlimited training	\$130.00
<input type="checkbox"/> Full season—Unlimited Nastar add to a training option	\$30.00

**Please Make Checks Payable To: Cadillac Community Schools**

Mail to: Joe Host  
 6240 E M-115  
 Cadillac Mi. 49601

Total: \_\_\_\_\_

Racer's Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ age \_\_\_\_\_ sex \_\_\_\_\_ Grade \_\_\_\_\_ # Years Skiing \_\_\_\_\_

**Liability Release Statement**

I recognize that there is an element of risk in any outdoor sport or activity. I am also fully aware of the inherent risks and dangers in downhill skiing, downhill ski racing and training for downhill ski racing. Knowing of the risks, the minor child has my permission to participate in downhill skiing, downhill ski racing, and race training with the Junior Ski Racing Program. In consideration of allowing my child to participate, I, for myself and my minor child do hereby release Cadillac Area Community Schools, Cadillac Area Ski Club, Caberfae Peaks Ski Resort, and all persons associated with the Junior Ski Racing Program from all claims of negligence resulting in personal injury and property damages arising out of downhill skiing, downhill ski racing, and training for downhill ski racing.

Parent/Guardian Signature \_\_\_\_\_

Parent/Guardian Name (please print) \_\_\_\_\_ Date \_\_\_\_\_