



MT. HOOD RACE TEAM 2011-2012 Mitey Mite Programs

Mt. Hood Race Team is a ski program for **children ages 6-13**. MHRT's mission and coaching philosophy focus on having fun and creating life long skiers; teaching fundamentals that build all mountain skiers; and providing a competitive training and racing environment that encourages young ski racers to push their comfort zones and strive for higher levels of accomplishment. Mt. Hood Race Team has won or podiumed at the Pacific Northwest divisional title, the **Buddy Werner Championships**, three times in the past four years!

The 2011-12 MHRT coaching staff consists of over a dozen coaches, many of whom were Mt. Hood Race Team members as young ski racers. MHRT's accomplishments are reflections of the mission and demonstrate the great work and commitment of everyone in the organization - racers, parents, volunteers and coaches. 2012 is going to be another great season!

Most training is conducted at Mt. Hood Skibowl. The area offers excellent terrain and a race-friendly environment, perfect for developing young competitors. In the early season and late season, Mt. Hood Race Team trains at Timberline, where the ample snow ensures a complete season of training opportunities.

Races are held at various Mt. Hood ski areas from early January through March. Age classes at races are 8 & under, 9 & 10, 11 & 12, and 13 year olds.

New Racers

Young skiers of any Mitey Mite age are welcome to join Mt. Hood Race Team. Prior racing experience is not required, however, skiers should be able to ride the lifts, negotiate intermediate terrain, and put on their own equipment. New racers ages 9 to 12 may join the Mitey Mite Race Team, or they can try a **Learn to Race** session to test their interest. Young skiers, ages 6 to 8, must first sign up for one of the **Learn to Race** sessions. As soon as the coaches determine that these new racers are ready, they will be invited to join the Race Team!

Orientation Meeting

Mt. Hood Race Team asks that new families attend an orientation meeting at the team's Fall meeting and Potluck. This year's meeting will be held on Sunday, October 23rd. (See the flyer and/or web site for more information.) If you join the team after that date, we'll work together to help orient you to the sport of Alpine ski racing!

Mitey Mite Race Team

9 to 12 yr old Mitey Mites – J4 & J5 Racers

MHRT's J4 & J5 racers begin regular season training with a 3-day Thanksgiving camp, and continue through the final race in March. Regular practice is on Saturdays and Sundays, and includes additional training during the holidays. J4 racers are invited to join older racers in early season dryland (conditioning sessions) and early season on-snow training. Also, experienced J4's can participate in the Fall Training Camp and week-long winter camps in conjunction with Mt. Hood Academy.

8 yrs and younger Mitey Mites – J6 Racers

The MHRT J6 program offers two options for 7 & 8 year old Mitey Mites who already have race team experience. Racers can choose to train on Saturdays, or practice on both Saturdays and Sundays. 6 year old racers practice on Saturdays only. Training begins on the first Saturday in December and continues through the final race in March.

New racers please see ***Learn to Race*** information below.

Mitey Mite Learn to Race

All young skiers, ages 6 to 8, who are new to Mt. Hood Race Team, first participate in a Mitey Mite ***Learn to Race*** session. These sessions are designed to introduce young skiers to the sport and prepare them for the race team. The young skiers must be accompanied by a parent or adult during training. Coaches will assess each young skier's level and recommend to parents the best MHRT group to join.

New racers ages 9 to 12 may also participate in one or more ***Learn to Race*** session, or they may directly join the Race Team. Skiers who are excited to continue racing and want to join the Race Team can apply the Learn to Race fee toward the appropriate regular season Mitey Mite Program. ***Learn to Race*** racers have the option to participate in local Mitey Mite races.

Learn to Race Session #1 - 3 consecutive Saturdays
December 3, 10 & 17

Learn to Race Session #2 – holiday camp
December 28 - 30