



*The National Governing Body for Olympic Skiing and Snowboarding*

## **2009 Future Stars Festival Schedule GS/SL SKIS ONLY!!!**

**Mission: To get the top J4's together from the Eastern Region; have fun, mileage, terrain elements and a competitive element.**

### **Day 1: Sunday 1/2 Day**

- 10:00 Mandatory Coaches' Meeting
- 11:30 Mandatory athlete/coaches' Meeting
- Free-ski and Kombi training
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### **Day 2: Monday**

- 3 major stations
- Terrain elements (3 gentle rollers, radar gun, pole jumpers)
- Free-ski
- Kombi Dual (Team race)

(Some coaches to stay at stations, some to travel with athletes. 3 groups of 50=150 athletes, 10 kids to 2 coaches in each group. 5 total groups to make one team, 3 total team rotations. Colored bandanas to signify team colors.)

- SL Race if too warm to do speed

### **Day 3: Tuesday**

- GS race (coaches to stay with their original groups)
- Awards, prizes
- Athletes depart



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