



Winter 2026  
New Parents

# Welcome to the Club!

[Alpine Ski Racing Development](#) | [MC Ski Racing Club](#) | [Vernon, NJ](#)



# U8s & U10s – Day to Day in the Race Room

*For new parents – in addition to Race Program Logistics*

<https://www.mcskiracing.com/u8-ski-program-at-mountain-creek>

<https://www.mcskiracing.com/u10-ski-program-at-mountain-creek>

## Safety

Coaches priority on and off the mountain – overall expectations

## The 'Pace of the Day'

Weekend training timing and  
Weeknight timing w/ athletes

## Food & Snacks

What athletes should have  
available to keep them going

## What to Wear/Bring

Weather conditions and proper  
clothing impacts athlete's ability  
to have fun and learn!



# SAFETY

*Coaches priority on and off the mountain – overall expectations\**

## BEHAVIOR

Our goal is to have fun skiing and learning, and there are a lot of athletes in the program – Coaches will not tolerate behavior that puts other athletes at risk or is unsportsmanlike.

## PARENT RESPONSIBILITY

Coaches are responsible for athletes while on the mountain during training sessions. During breaks in the Race Room – parents are responsible for assuring their children have appropriate supervision, support, food etc.

*Parents can arrange Race Room athlete coverage with other parents!*



## THE MOUNTAIN & SKILLS

There is a wide range of skills and abilities at this level, Coaches must adapt to the conditions of the mountain and the day to assure the safety of our athletes.

Depending on these circumstances training & breaks pace and timing may vary – parents must also be ready to adapt.

# The 'Pace of the Day'

*Weekend training timing and Weeknight timing w/ athletes (Race Day Logistics on Website\*)*



## PARENT RESPONSIBILITY

Establish a spot in the Race Room that your athlete will remember and know so they can access what they need throughout the day. Set your athlete up for success that day with proper attire and equipment!

## BREAKS & LUNCH

Depends on a wide array of circumstances but mostly the weather and athletes' performance along with hunger level. Different groups will break at various times; parents must arrange for coverage during these times

## WEEKEND 9AM-2:30PM

Make sure Athletes are on snow at lift @9am, which means arrival at Lodge Destination around 8:30am to get ready. Slope and Lift availability – we may be at North (Vernon) OR South. *We may also end early depending on crowds for athlete safety*

## WEEKDAYS 6-8PM

Like the weekend, have athletes fed and on snow by 6pm. May take a 'warm up' break but usually ski through as it is a shorter training window



*Training may end without notice – parents must be present to collect their athletes at any given time*

# Food & Snacks

*What athletes should have available to keep them going*

**Ideal: Pack both Lunch & Snacks for Athletes, it is more convenient and cheaper**



## A GOOD START

Start athletes off with a solid breakfast – even if it's in the car on the way to the mountain!



## POCKET SNACKS

Packing small snacks in jacket pockets can keep athletes going, and it's a good conversation starter!



- There are microwaves, refrigerators and kettles available in the Race Room for families
- Food is available for purchase at the Mountain



## PRACTICAL

Pack food you know your athletes will eat that will give them enough energy throughout the day



## HYDRATE

We work hard out there, even when you get home make sure your athletes have enough hydration



# What to Wear/Bring



**Helmet Safety Reminder** – hard ear requirement, must have a rigid shell covering the entire head and ears, not soft flaps



*Weather conditions and proper clothing impacts athlete's ability to have fun and learn!*

## The Basics

In addition to Basic Racing Equipment\* – the key to younger athletes having fun is keeping them moving and comfortable – warm, dry and sometimes not too hot!



### Cold

Pack layers, sometimes it's cold in the morning and then warms up. Other time wind is a factor – neck warmers and full coverage of skin (face/cheeks) is very important



### Rain

Bring back up clothes and **have an extra pair of everything** including dry clothes – socks, raincoat, mittens etc.



# The Goal is to HAVE FUN!

Help us assure our young athletes thrive!

