

BMR will host its annual “Ski with PARA Day” event Saturday, March 2nd [rain date Sunday, March 3rd] for Mountaineer and new athletes interested in joining PARA [Pennsylvania Alpine Racing Association] or Cross Team next season. Participation in this event is MANDATORY to join PARA next season.

Birth years 2015 / U10 (age 9 as of 12/31/24) and birth year 2014 / first-year U12 (age 10 as of 12/31/24) athletes are permitted to participate in the "Ski With PARA Day" evaluation after they have completed at least one year of Mountaineer training and have the recommendation of their Mountaineer coach, which is based on the athletes’ skiing skills and level of maturity. No child age 8 or younger as of 12/31/24 is permitted to train with PARA.

ALL CURRENT Mountaineer athletes with a birth year of 2013 **MUST** participate in the “Ski With PARA Day” evaluation if they are planning to continue in the BMR program next season. The Blue Mountain Junior Competition Programs are intended for young athletes who aspire to compete in Alpine racing, Ski Cross, Snowboard Cross, or Moguls competition. Any athlete over age 10 must join PARA and travel to all qualifying races. **NO ATHLETE** with a birth year of 2013 or earlier will be permitted to join the Mountaineer program next season.

Pre-registration is required. [CLICK HERE](#) to register for the event **NO LATER THAN 12noon, WEDNESDAY, FEBRUARY 28TH NO DAY-OF REGISTRATIONS WILL BE ACCOMMODATED.**

Athletes and parents should check in at the Race department counter **NO LATER** than 9:30am to get their bib. Coaches and athletes will depart at 10am from School Hill outside the upper level of the Summit Lodge (where Mountaineers and PARA normally meet for training). Some current U10 and U12 PARA athletes will help guide participants around the event.

If your child is not currently enrolled in a BMR program, you **MUST** complete a release form. We will have blank copies at the race counter inside the upper level of the Summit Lodge. The entrance is marked and someone will be available in the race department beginning at 8am. We recommend purchasing a lift ticket in advance, as weekends have occasionally been sold out this season.

Please be sure your child is dressed appropriately for the weather, eats a good breakfast and has a snack and water in his or her pocket or knapsack/cooler bag. Athletes may carry a small bag out to the slope so they have it for the duration of the event, which will take approximately four hours (same as a normal Mountaineer training day).

All athletes will be evaluated on a series of USSA Skills Quest drills, as they progress through different stations. The drills are described below with video links and can be found on the USSA website. After going through each station once, they will have a short break to eat a snack on the hill. If temperatures allow, we won’t need to go inside the lodge for a warm-up break.

After the on-snow evaluation, we will hold a short **MEETING** outside on the patio near the race department for both parents and athletes. Please plan to attend and bring your questions about what to expect next season if your child takes the step to train with PARA.

Following the athlete evaluations, coaches will meet to discuss each athlete's readiness to enter our Competition programs next season. We will contact parents by May 1st to discuss our observations and recommendations for next season's training.

If you're not sure if training with PARA next season is the right thing for your child, please visit the BMR website and read the document IS MY CHILD READY FOR PARA?

https://www.bluemtraceteam.org/_files/ugd/703c0a_97b40d9ad82a45d2a55ec1481c44ddd5.pdf

USSA SKILLS QUEST DRILLS

SIDE SLIP WITH EDGE SET:

<https://videos.usskiandsnowboard.org/alpineed/detail/videos/alpine-guide-to-ski-fundamentals/video/6047154787001/side-slip-with-edge-set?page=1>

PIVOT SLIPS:

<https://videos.usskiandsnowboard.org/alpineed/detail/videos/alpine-guide-to-ski-fundamentals/video/6044413666001/pivot-slips?page=1>

ONE SKI SKIING:

<https://videos.usskiandsnowboard.org/alpineed/detail/videos/alpine-guide-to-ski-fundamentals/video/6049278568001/one-ski-skiing?page=1>

FREE SKI WITH LANE CHANGES:

<https://videos.usskiandsnowboard.org/alpineed/detail/videos/alpine-guide-to-ski-fundamentals/video/6044413670001/freeski-with-lane-changes>

POLE JUMPERS:

<https://videos.usskiandsnowboard.org/alpineed/detail/videos/alpine-guide-to-ski-fundamentals/video/6044419743001/pole-jumpers?page=1>

SKATING:

<https://videos.usskiandsnowboard.org/alpineed/detail/videos/alpine-guide-to-ski-fundamentals/video/6067947022001/skating?page=2>