



Rowmark Junior Program Structure

The Rowmark Junior Program serves Rowland Hall students ages 6-14 (first grade through eighth grade). Our athletic development pipeline includes 6 team options offering a natural progression of increased commitment and focus on competition as skills improve. The Rowmark Junior Program schedule is built around Rowland Hall's academic curriculum. Harmony between the two schedules allows skiers to pursue both academic and ski racing goals.

Mission Statement: The Rowmark Junior Program is dedicated to nurturing ski racing development while instilling a lifelong passion for alpine skiing, all within the framework of Rowland Hall school values.

Team Name: U8 (Previously Love to Ski)

- Head Coach and Assistant Coach
- Ages: 6-7 (1st - 3rd grades)
- Days on Snow: ~15
- Weekly schedule:
 - Saturday Free skiing IKON/UOP/Woodward 9:00 – 2:30pm
 - Some Sunday's Free skiing IKON/UOP/Woodward 9:00 - 2:30pm
- Transportation included so please add approximately 45 minutes of travel time to and from training if using transportation except local races.
- Team Fee: \$2,200
- Race Series: Inter-Team racing, Youth Sports league (YSL) in some cases
- Prerequisite: Need to be comfortable on blue terrain, and able to ride the chairlift independently.
- Extra Costs: USSA Membership, YSL race entry fees, IKON full pass ~\$369, UOP Hyeway Pass ~\$216, Woodward pass TBD.

Team Name: U10 YSL 30 (FIRST YEAR U10 ONLY!)

We recommend all U10 athletes attend the 45-day program, but the 30-day has been made available for younger U10's (Previously All Mountain Rippers – 30-Day)

- Head Coach and Assistant Coach
- Ages: 8-9 (3rd – 4th grades)
- Days on Snow: ~30
- Weekly schedule:
 - Off Season Dryland training will take place Monday and Wednesday 3:30 – 5:30pm, Sept 4 – Nov 22 (weather dependent)
 - Wednesday night at UOP for Gate/drill/competition training 4:00 - 6:30 pm
 - Winter Sports Fridays (Jan 17 - Feb 14) Free skiing PC/IKON 12:00 - 4:00 pm
 - Either Saturday UOP/PC for Gate/drill/competition training 9:00 - 11:30 am **OR**
 - Either Sunday Free skiing PC/IKON 9:00 - 2:30 pm
- Transportation included so please add approximately 45 minutes of travel time to and from training if using transportation except local races.
- Team Fee: \$3400
- Race Series: Blend within Youth Ski League (YSL) and South Series (SS)
- Prerequisite: By coach's recommendation, using an internal skill evaluation system. New athletes must have prior racing experience.
- Extra Costs: USSA Membership, Race entry fees, UOP Ski Pass ~\$210, Park City Mountain Youth Pass ~\$389, IKON Full ~\$369

Team Name: U10 YSL (Previously All Mountain Rippers – 45 Day)

- Head Coach and 2 Assistant Coaches
- Ages: 8-9 (3rd – 4th grades)
- Days on Snow: ~45
- Weekly schedule:
 - Off Season Dryland training will take place Monday and Wednesday 3:30 – 5:30pm, Sept 4 – Nov 22 (weather dependent)
 - Wednesday night at UOP for Gate/drill/competition training 4:00 - 6:30 pm
 - Winter sport Fridays (Jan 17 - Feb 14) Free skiing PC/IKON 12:00 - 4:00 pm
 - Saturday UOP/PC for Gate/drill/competition training 9:00 - 11:30 am
 - Sunday Free skiing PC/IKON 9:00 - 2:30 pm
- Transportation included so please add approximately 45 minutes of travel time to and from training if using transportation except local races.
- Team Fee: \$5000
- Race Series: Blend within Youth Ski League (YSL) and South Series (SS)
- Prerequisite: By coach's recommendation, using an internal skill evaluation system. New athletes must have prior racing experience.
- Extra Costs: USSA Membership, Race entry fees, UOP Ski Pass ~\$210, Park City Mountain Youth Pass ~\$389, IKON Full ~\$369

Team Name: U12 SS (Previously All Star)

- Head Coach and 2 Assistant Coaches
- Ages: 10-11 (4th – 6th grades)
- Days on Snow: ~60
- Weekly schedule:
 - Off Season Dryland training will take place Monday and Wednesday 3:30 – 5:30pm, Sept 4 – Nov 22 (weather dependent)
 - Wednesday night at UOP for Gate/drill/competition training 4:00 - 6:30 pm
 - *Note: Middle School U12 athletes to train with U14s Gate/drill/competition training 1:30 - 4:00 pm during Winter Sport Wednesdays (Jan 15 - Feb 12) and not participate in Wednesday night training*
 - Winter sport Friday (Jan 17 - Feb 14) Free skiing PC/IKON 12:00 - 4:00,
 - Saturday UOP/PC for Gate/drill/competition training 9:00 - 11:30 am
 - Sunday Free skiing PC/IKON 9:00 - 2:30 pm
- Transportation included so please add approximately 45 minutes of travel time to and from training.
- Team Fee: \$6,911
- Race Series: South Series (SS)
- Prerequisite: U10 YSL Graduate and/or U10 YSL who has shown competitive results within the YSL. Coach recommendation from previous program. New athletes must have prior racing experience.
- Extra Costs: USSA Membership, Race entry fees, June Ski Camp ~ \$TBD, Big Sky November ski Camp \$TBD, UOP Ski Pass ~\$259, Park City Mountain Youth Pass ~\$390, IKON Full Pass ~\$369

Team Name: U14 First year (Previously Academy Prep 1, AP1)

- Lead Coach, Assistant Coach and Part Time Seasonal Coach
- Ages: 12-14 (6th – 7th grades)
- Days on Snow: ~80
- Weekly schedule:
 - Off Season Dryland training will take place Monday through Friday 3:30 – 5:30pm, Aug 26 – Nov 22.
 - In Season Monday Dryland and Sports Psychology 3:30 – 5:30pm
 - Wednesday night (Dec 4 - Jan 8 and Feb 19 - March 25) at UOP for Gate/drill/competition training 4:00 - 6:30 pm,

- Winter Sport Wednesday (Jan 15 - Feb 12) training at UOP/PC/IKON for Gate/drill/competition/freeski training 1:30 - 4:00 pm
- Thursday Night session at UOP Gate/drill/competition training 4 - 6:30pm
- Saturday, and Sunday UOP/PC/IKON for Gate/drill/competition/freeski training 9:00 - 11:30 am, there will be days for free skiing weekly throughout the season but will be based on the weather and conditions.
- Transportation included so please add approximately 45 minutes of travel time to and from training
- Team Fee: \$8,170
- Race Series: South Series and/or U14 Series
- Prerequisite: By coach's recommendation, baseline using IMD selection boards. New athletes must have prior racing experience!
- Extra Costs: USSA Membership, Race entry fees, MT Hood Ski Camp (June) ~\$2,200, Mt Hood Ski Camp (August) ~\$2,000, Colorado ski Camp (November)~\$750, Big Sky Ski Camp (November)~ \$2,500, UOP Ski Pass ~\$259, Park City Mountain Youth Pass ~\$389, IKON Full Pass ~\$1000

Team Name: U14 Second year (Previously Academy Prep 2, AP2)

- Head Coach, Assistant Coach, and Part Time Seasonal Coach
- Ages: 13-14 (Must be a 2nd year U14 (7th or 8th grade)
- Early school release from after Thanksgiving break to late March
- Days on Snow: ~120
- Weekly schedule:
 - Off Season Dryland training will take place Monday through Friday 3:30 – 5:30 pm, Aug 26 – Nov 22.
 - In season Monday Dryland and Sports Psychology 3:30 – 5:30 pm
 - Tuesday – Friday early release UOP/PC for Gate/drill/competition training 1:30 – 4:00 pm
 - Saturday and Sunday UOP/PC for Gate/drill/competition training 9:00 - 11:30 am; there will be days for free skiing weekly throughout the season but will be based on the weather and conditions.
- Transportation included so please add approximately 45 minutes of travel time to and from training
- Team Fee: \$12,135
- Race Series: U14 Series and IMD Open Series
- Prerequisite: By coach's recommendation, baseline using IMD selection boards for new athletes.
- Extra Costs: USSA Membership, Race entry fees, MT Hood Ski Camp (June) ~\$2,200, Mt Hood Ski Camp (August) ~\$2,000, Colorado ski Camp (November)~\$750, Big Sky Ski Camp (November)~ \$2,500, UOP Ski Pass ~\$259, Park City Mountain Youth Pass ~\$389, IKON Full Pass ~\$1000