

Race Team

We Ski in the Olympics Every Day!
Since 1988, the Hurricane Ridge Ski Team has been challenging the youth of the Olympic Peninsula. Through ski racing and the life experiences associated with the sport, we are encouraging athletes to grow to their full potential.



One day program \$ 200

Available to both Mitey Mites and Juniors

This program provides 15 training days on snow at Hurricane Ridge learning skiing and racing fundamentals, emphasizing fun and learning and improving skills. Training is limited to one day per weekend. Pre-season weekend Dry-land training is included. Perfect for the skier with other weekend commitments.

Two day program \$ 375

Available to both Mitey Mites and Juniors

This program provides 28 training days on snow at Hurricane Ridge, developing skiing, riding and racing skills, yet still emphasizing fun. Training is both Saturday and Sunday. Pre-season weekend Dry-land Training is included. Perfect for the more serious skier who wants more snow time to perfect alpine racing techniques.

Mitey Mite Select Program \$ 400

Ages 9-12

This program provides 28 days on snow at Hurricane Ridge developing skiing and racing skills. This is for the serious Mitey Mite who desires aggressive training and racing opportunities. Includes required participation in HRST pre-season weekend Dry-land Training. 20 days of Elite Dry-land. *

Junior Select Program \$ 400

This program provides 28 days on snow at Hurricane Ridge developing skiing and racing skills. This is for the serious Junior racer who requires special training and a racing program developed personally for their needs. On snow training with other teams, at other areas may be included. Includes required participation in HRST pre-season weekend Dry-land Training. 20 days of Elite Dry-land. *

*** Elite Dry-land Program**

20 days of training covers all aspects of athlete management, athlete testing, aerobic & anaerobic conditioning, ply metric training, strength & weight training, coordination and agility drills, relaxation and visualization. This program runs for 10 weeks, 20 days. It consists of 2-hour sessions twice during the week.

For more information email Coach John Fox skifox@wavecable.com

Or go to www.hurricaneridge.com