



SKI CLUB NEWS

PUBLISHED FOR THE MEMBERS OF THE MT. MANSFIELD SKI CLUB

NOVEMBER 1, 1972

STOWE, VERMONT

TRAINING BEGINS FOR MMSK JRS.

by Lou Dworshak

Although dry-land training was started two weeks earlier this year, it appeared that the forces of nature were acting contrary to our best intentions.

Our initial session was scheduled as a hike from the Ski Club by way of the Long Trail from the notch, over the chin and forehead, then to the Lake Mansfield Trout Club in Nebraska Valley --- roughly a ten mile distance. But a low overcast delayed the start of the hike until mid-morning when it seemed that the storm had subsided.

The team aspirants tackled the Octagon lift line only to find high winds and drenching rains waiting at the top. At that point, most turned back on the Toll Road, except for a few of last year's team, who, along with Olympic gold medal winner Barbara Ann Cochran, continued the full distance in the storm to the Trout Club.

The storm the following weekend prevented an outdoor workout, thus the first formal exercise session was confined to the Little Spruce restaurant area. Since then, however, dry-land training has moved into a full schedule of outdoor pre-season conditioning.

A difference in this year's training is the separation of aspirants into ability groups based upon team membership last year. The reasons are twofold: first, it was necessary to divide the juniors into manageable groups because of the large number turning out for training this year, and second, the smaller groups permit greater individual attention and intensification during the weekend sessions. Thus, the "Newcomers" join with Hopefuls during the morning



Scott Degrasse, Dry-Land Training Coach Lou Dworshak and Chris Morrissey.
Photo courtesy Stowe Reporter.

period for an hour and a half. Then the Hopefuls go into a rigorous routine for an additional hour. The I-II and III-IV team members arrive in the early afternoon for a tough three-hour workout.

MMSK is concentrating on the type of dry-land training which develops powerful and fit junior racers having quick reflexes and muscle reactions, recovery ability, balance, coordination of movement and agility. Exercise routines are based upon those which have a demonstrated relationship to racing performance.

Central to the physical improvement of our junior racers is a schedule of exercises carried out during weekdays. Parents have been provided a listing of minimum repetitions of race-related exercises and asked to provide guidance

and encouragement throughout the week. Included are wind sprints for slalom strengthening and distance runs for giant slalom and downhill preparation.

During weekend sessions until snow and Head Coach Peter Ruschp arrive, the pre-season conditioning program will gradually increase from a moderate level to high intensity. The training is being conducted in a manner that both achieves factors of strength, endurance, and flexibility, and develops unifying team esprit and camaradie.

A Reminder ...

This will be the last copy of the MMSK Newsletter you will receive unless you renew your membership! Fill out the coupon on Page 3 NOW!



SKI CLUB NEWS

PUBLISHED FOR THE MEMBERS OF THE MT. MANSFIELD SKI CLUB

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President's Message

by Charlie Black

The Mt. Mansfield Ski Club spends a significant portion on its junior skiing program. I think it is fitting that the members should hold the officers of the club, and particularly, your president accountable for this program. Therefore, I would like to tell you how I, as an individual, feel about our junior program. I am not speaking for the Board of Directors.

Obviously, I hope the majority of the Board of Directors concur with most of my thoughts and if they do not, I would certainly expect to be replaced with someone whose thinking would be more in tune with the Board's philosophy.

First of all, may I state that I do not feel that the end or goal of our junior program is to produce Olympic skiers for the United States. I feel that this, in itself, is too narrow a goal to strive for and would produce limited results for our efforts and, especially, for the final character of our juniors.

I conceive of our goal as contributing to the formation of an educational process resulting in the creation of a mature, well-rounded, young adult who, through striving for proficiency in the recreational sport of skiing, has learned good sportsmanship, love of outdoor sports, and who, through both winning and losing, has learned to accept both the happiness and sadness that is in life.

Don't get me wrong. If, through the striving for these ends, the junior program should at the same time produce an Olympian for the United States, all of us at Mt. Mansfield Ski Club would be very proud indeed but, also, it would be a very shallow victory for the club to produce an Olympic competitor who lacked other attributes of a mature young adult so necessary to a well-rounded life. Therefore, to the few of you who may feel that our junior program is lacking in the intensity necessary to develop your child into an Olympian may I suggest that you actively look elsewhere. There are many excellent clubs with programs that are more intense than ours and which may better fulfill your purposes.

May I also say to those of you who may feel that our program is too intense for your child that you carefully reflect upon the philosophy that I have expressed above and it may give you reassurance that our goal is probably exactly the same as yours but that we think one of the most effective and self-rewarding ways to accomplish it is through a well-disciplined junior skiing program. I ask each of you to reflect upon some of the mature young adults that you have observed come out of our club program over the past years and I think you will agree that this goal that I have outlined is being met and we should be proud of some of the fine youngsters we have developed.



By Lanou Hudson

Although skiing hasn't started as yet at Mansfield, patrol training started the first week in August. This year's program under training officers Bill Westerman and Keith Truax will cover much more than in previous years and will consist of Red Cross Advanced First Aid, as well as additional material from "The Emergency Care and Transportation Manual" published by the American Academy of Orthopedic Surgeons. In addition to this, a program sponsored by the Vermont Heart Association will be continued as in previous years. An in-service training program will be continued throughout the entire skiing season to maintain peak patrol efficiency.

Three improved types of resuscitators will be added to the four already in service. This year's patrol will be headed by veteran patrol leader Hal Wilhelm with Larry Smith as his assistant. The Big Mountain Section consisting of the Toll House, T-Bar, and the Double and Single Chairs will be supervised by veteran Phil Tomlinson, the Gondola by veteran Clarence Hayford, and Spruce Area by "Mr." Hayes. A force of 30 paid men - all professionals - augmented by thirty volunteers will make up the patrol. These men have at least four Mansfield seasons to their credit and a waiting list of twenty-five qualified men serve as a back-up force, so for this season no more openings are available for patrolmen.

The Patrol suggests that you get your bindings adjusted as early as possible to avoid and last minute "hang ups" when the season starts. And don't forget your safety or "runaway" Straps, they are a must for your own safety as well as others on the slopes.

GOOD SKIING FROM THE PATROL!



MMSC first to endorse new racing organization

by D.T. Elliman, Jr.

Your ski club has always been considered a great friend of ski racing and over the past years has pioneered and supported many new concepts for the betterment of the sport. It comes as no surprise therefore that the Mt. Mansfield Ski Club was among the first to support and endorse VARA (The Vermont Alpine Racing Association). VARA, now going into its second year, is the organization overseeing and promoting all phases of alpine ski racing in Vermont. It encompasses both junior and senior competition.

Directors of the new state organization include Bill Harrington, past president of the MMSC, and Don Rathbone who is also a Director of MMSC.

Basically VARA is dedicated

- to keep ski racing 1st in Vermont, and Vermont ski racers 1st in the world.

To accomplish these goals, VARA is striving to develop and promote ski racing as a constructive and healthy experience for as many Vermonters as possible.

And, aiming their sights a little higher, VARA is also striving to produce 50% of the U.S. National Team and --- a World Cup winner.

As it did last year, Mt. Mansfield will again host the first VARA Training Camp of the season in early December. The camp, which will be by invitation only, will attract top junior and senior competitors from Northern Vermont and will naturally include many Mt. Mansfield racers. MMSC's Head Coach Peter Ruschp will lead a list of top coaches from the Northern Vermont area, including Mickey Cochran, Al Hobart, Chris Jones, Erle Morse, Gary Vaughn and Warren Witherell.

Last winter VARA also established a Vermont Alpine Ski Team to give needed recognition and support to Vermont's most promising hopefuls. This Team is basically designed for kids



Lyndall Heyer won the Jr. National Slalom Championships at Glen Ellen March 13, 1972. Skiing for the Mt. Mansfield Ski Club, Lyndall beat 58 girls in competition for the Slalom crown to become the 2nd Vermonter in 2 years to be the Junior National Champ. Photo courtesy Stowe Reporter.

that are somewhere above the level of an area's junior program and below the National "A" or "B" Team level. Named last year from Mt. Mansfield to wear the distinctive white and green sweater of the VARA Team were Greg Bartlett, Ron Biedermann, Tod Buik and Billy Rathbone.

Many of VARA's other proposals, which have already been incorporated into the Eastern and National Programs for 1973, will greatly reduce travel requirements, and streamline the process of making the U.S. Ski Team - all at a savings of thousands of dollars annu-

ally for Vermont clubs and racers alike.

Membership in VARA is required of all juniors planning to compete in the Jr. I and II Qualifiers and seniors planning to race in the Governor's Cup series. It will also be required of all who plan to attend Training Camps, Official's Clinics, or Coaches Clinics sponsored by VARA.

Whether or not membership is required, however, other juniors, parents and friends of Vermont ski racing are encouraged to join and support VARA. For further information, write VARA, Box C-1, Stowe, Vt. 05672.

MT. MANSFIELD SKI CLUB MEMBERSHIP APPLICATION
 May 1, 1972 - April 30, 1973

Please complete application for EACH PERSON and mail with remittance to
 Mt. Mansfield Ski Club, Little Spruce, R. R. #1, Stowe, Vt. 05672

PLEASE CHECK ONE **New Member** **Renewal**

Last Name _____ First Name _____ Initial _____

Street	City	State	Zip Code
Husband and Wife			\$ 15.00 <input type="checkbox"/>
Senior (Male or Female)			10.00 <input type="checkbox"/>
Junior UNDER 18			7.50 <input type="checkbox"/>
Family Junior UNDER 18 (Parent(s) must be members)			3.50 <input type="checkbox"/>

JUNIORS MUST GIVE DATE OF BIRTH

Month _____ Day _____ Year _____

PATCH \$ 1.00 CLUB EMBLEM PIN \$ 1.50

MAIL TODAY



Mt. Mansfield Ski Club, Stowe, Vt. 05672

MMSC 17th CHARTER FLIGHT '73

Jane Shearer, MMSC Flight Director, has submitted the following information on the '73 Charter Flight.

Only MMSC membership is required to be eligible for these flights; we are NOT coordinating with Eastern(USEASA) flights!

PLEASE NOTE THE CHANGE IN DATES AND REMEMBER THAT THEY CAN STILL CHANGE BY A DAY OR TWO! ALSO, TAKE NOTE THAT THERE WILL BE NO BOSTON FLIGHT!

To date, our 17th annual MMSC flights are as follows:

- A. January: 10 days (1/19/'73 - 1/29/'73), NYC to Geneva.
- B. February: 2&1/2 weeks(2/15/'73 - 3/4/'73), NYC - Zurich.
- C. No Boston Flight.

All flights will be via Jet Aircraft on KLM, and despite devaluation rate of the dollar, airfare will be \$165.00 per person round trip. Reservations are made in order of \$100.00 per person deposits received, and are due now! On cancellations BEFORE NOV. 1, 1972 refunds of \$90.00 per person will be made. Balance of fare is due by Nov. 1, 1972 in the amount of \$65.00 per person. After November 1, 1972, no refunds will be made unless there is a qualified replacement! Checks made out to MMSC FLIGHT '73 (plus \$3.60 airport taxes).

Land Tour: Looks fantastic! On the

January flight only we are happy to offer a trip to one of the most exciting modern French international ski stations, Flaine, which includes: ground transportation to and from Geneva, hotels in Geneva and Flaine with baths, continental breakfast, full course dinners, all tips and gratuities, ski lifts and lessons.

The cost per person is \$210.00, which, with airfare, totals \$375.00. It is very difficult to make extra reservations,

so please advise now if you'd like to join us on this tour!

MMSC membership is required six (6) months before flights, so renew at MMSC, RR# 1, Stowe, Vermont 05672. (Couple \$15; Single \$10.) For all flight data and monies, please send stamped, self-addressed envelope to MMSC Flight '73, 106 Deforest Heights, Burlington, Vermont 05401.



MMSC RACE SCHEDULE 1973 - '73 Season

Jan. 13: Jr. I&II Northern Qualifiers; Feb. 4: Stowe Hopeful Race; Feb. 12 & 13: Starr Trophy (Atlantic Regional Champ.); Feb. 27th: Stowe vs Sugarbush Challenge Race (Dual G.S.); March 10 & 11: Stowe, Special Slalom (Jr. & Sr. A & B); Mar. 17 & 18: Eastern Jr. III & IV Championships; Mar. 24: MMSC Championships; Mar. 25: Stowe Public School Championships; Mar. 27 Smugglers Bowl Championships; Apr. 14 & 15: 34th Annual Sugar Slalom; Apr. 22: Easter Parade. Little Spruce Giant Slalom - every Wed, Starting Jan. 3rd. Smugglers Bowl Team Races - every Mon, starting Jan. 8th.

Meeting: 6pm Cocktails: 6:30pm
Dinner: 8pm Dancing: 9pm \$15/2
November 25th \$8/1
at the Town & Country - (inc. 2drinks)

ANNUAL
Meeting &
DINNER/DANCE

PLEASE MAKE RESERVATIONS FOR:-----
for the MMSC DINNER-DANCE & ANNUAL MEETING
NOVEMBER 25, 1972

Name -----

Reservations necessary, prepayment appreciated to:
MMSC, Spruce Peak
STOWE, VT. 05672