



## Welcome to the 2015–2016 Season

Dear athletes and families,

Welcome to the 2015–2016 Boyne Flyers & Team Elite program at Boyne Highlands Resort! We are excited and look forward to another season full of big improvements and great memories. Over the past five years, we have strived to create a skiing development program that puts the Midwest on the map. We remain grounded with a simple yet encompassing set of basic principles like those used by the best athletic development organizations in the world. We believe in developing good skiers before good racers, passing down the passion for the sport we love, and providing opportunities for our skiers to grow into tomorrow's leaders in professional and personal life.

From the inception of this program we have strived to give Midwestern athletes the inspirational experiences necessary to dream big. Each year we host celebrity coaches and athletes, both local and international, to give our skiers on and off hill experiences with great talent and go home with more than just an autograph. Our coaching staff are professionally certified, some with many years of experience as coaches and instructors, and all continue to seek education in the modern techniques and tactics of skiing. We have also hired a Head Coach, Kayla Potter, whose decade of experience and success coaching the sport will allow us to expand and diversify the program. We leverage the support of the best resources available, from utilizing a variety of training venues at Michigan's largest resort to breaking it down our athletes in video analysis sessions. All of these features, and many more, make the difference for the members of our program.

We feel that a variety of skiing is vitally important to the development of good skiers and ski racers. To this end, we frequently plan trips to the best mountains in the U.S. so that our skiers can have the opportunity and enjoyment of honing their skills in ways the Midwest can't offer. For those who have never had a ski trip, it's like a whole new world; for those who are returning, it's a chance to elevate their skiing in a big way. We welcome you on these adventures and many more throughout the season as we celebrate winter in the best way we know how – with you.

Prepare for progress,

Kyle Griffin

Program Director

Boyne Flyers & Team Elite

Boyne Highlands Resort

248.884.8836, [krgriffin@boynehighlands.com](mailto:krgriffin@boynehighlands.com)

What type of ski clothing is required?

This might seem like an elementary question, but it's amazing how many kids show up at the Flyers who are improperly dressed. Remember, it's winter!! We get snow, wind, sleet, rain and bitter cold conditions. Our recommendation is to layer them in either wool or fleece undergarments, a warm program jacket and pants, a "full shell" ski helmet, goggles, and some packets of hand warmers. Comfortable skiers are happier and perform better!

Does my young skier need a special helmet?

We advocate purchasing a FULL shell helmet vs. the soft sided half shell. Full shell helmets are required during any organized competitions and keep your young skier warmer.

Do the Boyne Flyers have any special events?

We attempt to give our skiers the best possible experiences with our program. Special experiences that they will rarely find elsewhere have included guest coaching from highly successful athletes and leaders in the skiing world, live races from Europe on the big screen, and nutritional seminars with hands-on meal making. Details on this seasons events will be released as the season progresses.

What other activities are planned for the Boyne Flyers?

Due to great success in seasons past, we will be offering another spring break trip this season. This has proven to be a great time to take the whole family on an adventure to exotic ski cultures and mountains. We also have large contingents of skiers who participate in regional events like the Hombogen at Marquette Mountain and "Chocolate Cake" Downhill at Boyne Highlands. More details will become available as the season progresses.

What is the difference between the Boyne Flyers and Team Elite Programs?

The Boyne Flyers is a program designed specifically for younger skiers and is geared toward developing great skill foundations. We do this predominantly through all-mountain skiing across varied and unique terrain. This is also the time that we lay down the basics of alpine ski racing in forgiving brush courses. The Team Elite program continues to build on the foundations of the Flyers program with the belief that our best racers are also our best skiers. Here, skiers dive into a deeper ski racing technique and tactics focus while continuing to push their boundaries on the most challenging terrain we can offer.

When can a Boyne Flyer join the Team Elite program?

Given the nature of mental and physical development in children, as well as their own personal goals, there is no set standard that children must meet to graduate to the Team Elite level. Rather, the program is set up with U-levels in such a way that we can take all factors into account, age being the largest, and develop individuals in the way which best suits them. While we have many younger Team Elites, we also have older Flyers with goals that more closely align with the Flyers program.

Have more questions?

Please feel free to call our Program Director, Kyle Griffin, or our Head Coach, Kayla Potter:

Kyle Griffin  
248.884.8836

Kayla Potter  
231.881.5502

## Program Philosophy

### Frequently Asked Questions

What is the Boyne Flyers?

A fun – skills based – free skiing program that teaches young skiers how to ski technically correct during the critical motor skills learning years.

At what age can you become a Boyne Flyer?

We accept young skiers between the ages of 7 to 12 who are proficient enough to ski all runs and can load themselves onto a lift. Some previous ski instruction is required.

What if my child is interested in only training gates?

Training young skiers with repetitive runs in gates primarily is detrimental to their ability to learn proper ski technique. To make an analogy, this is like an architect who didn't take engineering attempting to design a building. We concentrate on free skiing progressions and drills first to develop the proper ski technique for training in gates. This is how the Europeans have trained their athletes for decades. When a young skier becomes proficient at the basics, their confidence is high and racing gates becomes easier and safer. We gradually introduce them to gate training with a focus on executing proper turns around brushes, stubby gates and lighter, shorter gates that are not intimidating.

Do the Boyne Flyers enter any competitions?

While there are no program-wide competitions, we do believe in and encourage all our Flyers to participate in programs like NASTAR. We also have an alliance with the NMSA, allowing our Boyne Flyers members to participate in NMSA races as long as they become NMSA members and pay the yearly racing fees.

When do the Flyers training sessions take place?

Training sessions during the ski season take place at Boyne Highlands on Saturdays between January 2, 2016 and February 28, 2016 for the regular season. There is a morning session from 10:00am to Noon and an afternoon session from 1:30 to 3:30pm. Due to a high volume of skiers during President's weekend, we do not participate in organized training at that time.

Do the Boyne Flyers conduct any holiday camps?

This season we will have five Flyers holiday camp sessions at Boyne Highlands. Details regarding special events and further details will be posted as the time comes.

Where does the training take place?

Various locations on the slopes of Boyne Highlands.

Where do we meet?

Saturday morning sessions will meet near the bottom of the Camelot Chairlift. Saturday afternoon sessions will meet at the top of the Heather Express. Sunday morning, midweek, and late season sessions will meet at the bottom of the Challenger Chairlift.

What type of ski equipment does my child need?

You do not need to spend a lot of money on equipment for your young skier. Most important are properly sized ski boots that are fit by a ski shop equipment expert. Do not purchase ski boots for your child that are two sizes too big for multiple seasons! That's ok for apparel, but is a detriment to the performance of the ski boots and your child's development. We do require regular junior carving skis. Please note that no twin-tips allowed unless specified for freeskiing. We recommend visiting Boyne Country Sports early in the season to join their "Junior Has A Fit" program. There is also no need to purchase race suits or slalom pads for your young skier between the ages of 7 and 11.

Our Mission:

To serve Michigan youth by developing skiers for life through modern and proven approaches to athletic development.

Our Vision:

To become the pinnacle of skiing development in the Midwest through cooperation and a focus on our athletes.

### Boyne Flyers Guiding Principles:

- Activities must be fun and challenging for all participants.
- Create a love for the sport skiing.
- Provide instruction with an emphasis on skill development so kids begin to develop technical proficiency during the key motor skills learning years.
- Recognize that all kids have long-term potential to be great skiers and/or future champions regardless of individual physical qualities. Since children mature at a different ages, we encourage all kids, at all ability levels, to challenge themselves.
- To overstate the importance of learning to ski *before* learning to race.
- To help parents and kids understand that champions are made – not born.
- To teach kids that sportsmanship and personal development in athletics are far more important than just winning.

### Team Elite Guiding Principles:

- To promote the technical and tactical development of our athletes with the best coaches and equipment possible.
- To provide the tools necessary for athletes to achieve their goals in ski racing.
- To guide athletes and parents through their competitive journey.
- To help our athletes push their limits in ski racing and across disciplines.

We are at the forefront of modern coaching theories. Many long held practices were not in the best interest of the children. In most cases, extensive gate training at a young age did not provide a fun and rewarding experience. It is wrong to handicap a child by asking him or her to "learn to ski" by training and racing gates. Just as a doctor does not make a diagnosis on his first day of medical school, so a skier cannot race at his peak without first being able to perform outside of the course.



The best ski racers in the world exhibit solid skiing technique – which is the result of proper instruction and lots of free skiing in changing conditions over varied terrain.

A consistent regimen of free skiing and technical drills will ensure that all young skiers develop the proper skills to become highly proficient skiers and eventually successful ski racers. With luck, they may even pass the sport on to their children. To be concise, we want to develop skiers for life!

*“World Slalom Champion, Marcel Hirscher from Austria, wins because he is the best skier in all terrain. Marcel skies a lot of bumps, powder and wind –pressed snow – most always with a ski instructor. Marcel never stops working on his free skiing”. Quote from former World Cup racer and guest coach, Andrea Sendlhofer*

Young skiers should focus on striving to master the technical elements that will make them good skiers over the long term is essential to progress and fun. A child’s primary motor skills learning years are from ages 6 to 12, and that window is crucial to creating exponential results down the road. These are the years that we as coaches and parents must essentially “hard wire” our kids so they begin to master basic sports skills.

In general, young children are not able to easily relate to goals. Coaches and parents are equal partners in helping kids focus on acquiring skills today which will serve them well in the long term. All too often, many families get wrapped up in the spirit of competition and expect a higher performance from their young athletes before they even possess the skills necessary for success. It is important to remember that performance is not a steadily increasing line, but a cycle of ups and downs relating to physical growth, emotional maturation, goals, and energy levels. When kids are getting the same message from both coaches and parents, success is more easily attained and they are much more likely to continue enjoying the sport of skiing.

If this sounds like a philosophy that resonates with you as a parent, athlete, or coach, we invite you to join our program.

## Off- Season Programming

The drastic drop in children pursuing athletics today is frightening. With an abundance of video games and fast foods, higher numbers of overweight and uninspired children are lacking the necessary skills to become successful later in life. In addition, schools continue to cut back on physical fitness programs. Despite this gloomy outlook, we are proud to promote programs which combat such an alarming trend.

Each year as our skiers become more technically proficient, skiing faster and flying farther through the air, they progressively face additional demands on the body. This is also where we often see rapid changes in physical development, which challenges each individual to maintain balance, coordination and agility. Because they are working through their motor skills learning years, we want to take advantage of every opportunity to enhance their talents, especially moving forward as they look to the next season.

In an effort to continue the progression of athletic ability in our athletes, we’ve partnered with SST of Harbor Springs (a division of Ortho-Sport) to develop a skills based physical training program that extends throughout the summer and fall seasons. Athletes who participate in this training are guaranteed to see results on the hill and in other sports that they participate in. While training is not required, it is highly recommended for Team Elite athletes and those who wish to push their skiing to the next level– parents included!

“It’s not always the best athlete that wins – it’s the one who works the hardest”



## Equipment Requirements

We are a technically challenging ski training program. We take pride in implementing a teaching curriculum that is substantially different from our competition. Our focus is on free skiing and technical drills in varying ski conditions and terrain, keeping abreast on skills well into higher competition. This requires that every young skier in the program is properly fit with the correct ski equipment. Too often, we see a skier in boots that are either too big or too stiff, improperly sized skis and even poles that look like they were run over by a truck!

In order to maximize the investment in your skier's favorite winter sport, we strongly advise making sure they are properly equipped prior to the season. However, there is no need to purchase expensive race equipment and apparel for ages U8 and U10 skiers.

Like all parents, we are very sensitive to the costs associated with skiing and are always looking at ways to stretch our dollar when it comes to equipment. For young U8 and U10 skiers, we recommend Boyne Country Sports "Junior Has A Fit" ski equipment program. This popular program allows young skiers to rent new ski equipment each season for a fixed cost. When returned to Boyne Country Sports in the spring, the voucher value can be applied to equipment purchases for the next season.

For older, more accomplished skiers, Boyne Country Sports has developed a specially priced program for higher quality, semi-race equipment for skiers U12 and up. Semi-race equipment generally refers to a higher quality ski than what's offered in their "Junior Has A Fit" program. Unless your skier races USSA or High School, there is no need to purchase high end World Cup race skis. If your child is racing at higher levels, consult your child's coach for equipment recommendations.

Here is the Important part:

Ski equipment purchases and fittings by Boyne Country Sports for this specially priced program should be done in the month of November for a simple reason: By December, the majority of all ski equipment from suppliers has shipped to their retailers and been picked though. Therefore, ordering a correct size beyond November before the season begins is difficult. Please call Kyle with any questions.

### Age Specific Recommendations

U8 to U10:

- Kid's under 100 lbs.
- BCS "Junior Has A Fit" ski equipment program.
- Custom fitting at BCS (Petoskey store) during the month of October.  
BCS Petoskey Phone: 231.439.4906
- Special Pricing on "Trim to Fit" custom insoles.

U12 and up:

- Kid's over 100 lbs.
- Special pricing on race boots and race skis.
- Custom fitting (at Boyne Highlands by appointment only).  
BCS Highlands Phone: 231.526.3006
- Special Pricing on "Trim to Fit" insoles.
- Can use "Jr. Has A Fit Voucher" on the purchase of new race product.

A word about ski swaps: We are advocates of Ski Swaps because they benefit the local ski teams and provide a great avenue for parents to recoup their investment in ski equipment before trading up. Ski Swaps are great for deals on race apparel and some skis, but BUYERS BEWARE! We often see parents purchasing ski boots that are the wrong size, flex or worse— customized for another ski racer. Again, call Kyle for advice before making ski boot purchases at Ski Swaps.

## Boyne Flyers & Team Elite 2015–2016 Programs

Boyne Flyers Season Training Membership      \$510/season

- Open to young intermediate skiers in U–12 categories\*
- Pre-season training sessions during Holiday Break
- Emphasis on a variety of training drills to develop technically proficient skiers
- Specific training utilizing brushes, stubby gates on varied terrain at Boyne Highlands
- Email updates with articles about skiing technique and general athletics
- Appearances by guest coaches when possible
- Participation in the 5<sup>th</sup> Annual Flyers Technical Challenge
- Training sessions from January through February

Saturdays 10:00am – 12:30 and 1:30 – 3:30pm

Boyne Team Elite Season Training Membership      \$819/season

- Advanced training for high-level athletes from U14+ categories\*
- Pre-season training sessions during Holiday Break
- Variable Slalom & Giant Slalom gate/freeski training on the best terrain in Michigan
- Includes speed camp session with technique/tactical focus
- Email updates with articles discussing ski technique and general athletics
- Personal and World Cup video analysis throughout the season
- Appearances by guest coaches and athletes when possible
- Education events emphasizing diet, conditioning, and equipment maintenance
- Training sessions from January through February

Fridays 7:00 – 9:00pm

Saturdays 10:00am– 12:30pm

Saturdays 1:30 – 3:30pm

Sundays 9:00 – 11am

Mid-week Training Block \$259/Season

- Open to Team Elite members and high school athletes
- Variable Slalom & Giant Slalom training
- Training sessions January through February  
Wednesdays 6-8pm  
Thursdays 6-8pm

Late Season Training Block \$130/Season

- Open to all members
- Great opportunity for low-pressure training and skiing improvement
- Training sessions from March 5-20  
Saturdays 9-11am  
Sundays 9-11am

USSA Coaching Option \$65/race

- Open to Team Elite members and high school athletes
- Coaches attend per athlete needs at CUSSA races throughout season, notably
- Attendance at USSA races must be planned with coaches in advance of the season

Nub's Nob, SL/GS, December 20-22

Boyne Highlands, January 2-4

Schuss Mountain, February 7-8

Boyne Mountain, February 28 - March 1

**\*\*Programs subject to change\*\***

Programs

Register online at [boyne.com//BOYNEFlyers](http://boyne.com//BOYNEFlyers)

or

call the Boyne Highlands SnowSports Academy at 231.526.3056

## Flyers & Team Elite 2015-2016 Regular Calendar

	Flyers	Team Elite	Weekday Training*
<b>EARLY SEASON OPPORTUNITIES</b>			
Dec 12 & 13	Tentative	Tentative	
Dec 27-31 Camp	9a-12pm; 1-3pm	9a-12pm; 1-3pm	
<b>IN-SEASON PROGRAMS</b>			
Jan 2	10a-12:30pm; 1:30-3:30pm	10a-12:30pm; 1:30-3:30pm	
Jan 3		9-11am	
Jan 6 & 7			6-8pm
Jan 8		7-9pm	
Jan 9	10a-12:30pm; 1:30-3:30pm	10a-12:30pm; 1:30-3:30pm	
Jan 10		9-11am	
Jan 13 & 14			6-8pm
Jan 15		7-9pm	
Jan 16	10a-12:30pm; 1:30-3:30pm	10a-12:30pm; 1:30-3:30pm	
Jan 17		9-11am	
Jan 20 & 21			6-8pm
Jan 21		7-9pm	
Jan 22	10a-12:30pm; 1:30-3:30pm	10a-12:30pm; 1:30-3:30pm	
Jan 23		9-11am	
Jan 27-28			6-8pm
Jan 29		7-9pm	
Jan 30	10a-12:30pm; 1:30-3:30pm	10a-12:30pm; 1:30-3:30pm	
Jan 31		9-11am	
Feb 3-4			6-8pm
Feb 5		7-9pm	
Feb 6	10a-12:30pm; 1:30-3:30pm	10a-12:30pm; 1:30-3:30pm	
Feb 7		9-11am	
Feb 10-11			6-8pm
Feb 12-14	No Training	No Training	
Feb 17-18			6-8pm
Feb 19		7-9pm	
Feb 20	10a-12:30pm; 1:30-3:30pm	10a-12:30pm; 1:30-3:30pm	
Feb 21		9-11am	
Feb 24-25			6-8pm
Feb 26		7-9pm	
Feb 27	10a-12:30pm; 1:30-3:30pm	10a-12:30pm; 1:30-3:30pm	
Feb 28	Welborn Cup	9-11am	
<b>LATE SEASON TRAINING BLOCK *</b>			
March 5-6	9-11am	9-11am	
March 12-13	9-11am	9-11am	
March 19-20	9-11am	9-11am	

\* Additional fees required

All scheduled times are tentative and may be altered due to conditions and weather.