Heavenly Ski Foundation looking for participants

The Heavenly Ski and Snowboard Foundation has opened registration for the 2010-11 Alpine, Freestyle and Snowboard Programs. With a variety of options from the One-Day Program to the Full-Time Competitive Program, the foundation has something for all ages and levels of skiers and riders.

Registration packets are available online, at the HSSF building, or by calling the HSSF administration office at (530) 431.7354. Those who register and pay in full now will receive the early registration pricing; prices increase $100 on Nov. 1.

The HSSF programs are divided by age and ability; prices may vary. The One-Day Program offers all ages and abilities up to 18 training days, primarily Sundays, December through March. A Heavenly restricted pass, equipment and gear are required. Alpine and Snowboard registrants may choose to participate in the Tahoe League and U.S.A.S.A. South Shore Series, respectively, for an additional fee.

In addition to the One-Day Program, the HSSF also offers Part-Time, Part-Time Plus (Alpine only) and Full-Time programs. These programs require additional commitments from both parents and athletes. With a longer season, December through as late as mid-May, these programs offer more time on the mountain with professional coaches and more participation in competitions. Dryland and gymnastics training, Sunday Fundays, night training, video analysis, pro clinics and more advanced competition training are some of the bonuses of these programs depending upon what is right for your young athlete.

With all programs the emphasis is placed on skiing and boarding preparation and equipment care, as well as focusing

on physical and mental competition techniques. The programs also teach physical fitness through healthy activity and good eating habits while promoting the values of teamwork and good sportsmanship. Program costs range from $700 to $3,000 and scholarships are available; Snowboard Program pricing includes the cost of single or three-mountain pass options.