

Heavenly Foundation increasing its freestyle programs

The Heavenly Ski and Snowboard Foundation has two new programs for the 2011–12 winter season under the freestyle umbrella.

The foundation will offer two freeride program options, the One-Day Program and the Full-Time Competitive Program. These programs are open to intermediate to advanced level skiers ages 10 to 18 who have a passion for slopestyle, skiercross and halfpipe training.

“The Foundation recognized the need to create the Freeride program as we continue to stand by our commitment to provide training for regional Olympic hopefuls,” foundation President Jim Plake said in a statement. “With the addition of skiing halfpipe and slopestyle to the 2014 Sochi Olympics, we felt it necessary to provide coaching for those athletes who strive to compete in these events.”

The One-Day Freeride program offers skiers 10-18 18 training days, primarily Sundays, December through March. A Heavenly restricted pass, equipment and gear are required. Freeride registrants can choose to participate in the U.S.A.S.A. South Shore Series or USSA events for an additional fee.

The Full-Time Freeride program requires additional commitments from parents and athletes. With a longer season, December through as late as mid-May, this program offers more time on the mountain with professional coaches and more participation in competitions. Dry land and gymnastics training, Sunday Fundays, night training, video analysis, pro clinics and more advanced competition training are some of the bonuses of this program, depending upon what is right for your young athlete.

As with all programs, the emphasis is placed on skiing preparation and equipment care, as well as focusing on physical and mental competition techniques, physical fitness through healthy activity and good eating habits while promoting the values of teamwork and good sportsmanship.

Brad Scott is the head coach. He was a member of the Heavenly Freestyle Team for many years and was a multi-discipline competitor in skiercross, slopestyle, halfpipe and big air. Scott is a former professional skier and an alumni member of the British Ski Team for slopestyle and big air. Assistant coach is local Yamato Kashima. He trained with the Heavenly Foundation freestyle team for more than 10 years and competed in USSA events for many of those.

For more information about the Heavenly Foundation or any of its programs go online or call (530)541.7354.