



ALPINE TEAM: DECEMBER UPDATE

Submitted by: Chelsea Lynch

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2011-2012 NAC ALPINE TEAM COACHES:

Ray Watkins is a National Paralympic coach for USOC Paralympic Skiing along with being the head coach of NAC. Ray's past achievements include being a guide in 6 Paralympics and winning 6 Paralympic gold medals, the Head Coach of the Adaptive Alpine Team at USSA, and being the 2010 Paralympic coach of the year.

Chelsea graduated from the University of Vermont and since worked as the head coach for a small program in CO, Sunlight Winter Sports Club. Chelsea joined Ray's staff in 2010 as the assistant coach for the Adaptive National Team, and this past season (summer) worked in Chile as the Head Coach for the Chilean Women's National Team, before residing at NAC as the assistant coach of the ski team.

NEWS:



On hill training has started here in Park City! Arly, Ben, and Erik have been skiing at PCMR working on SL and GS fundamental skills and starting the season in great showing. On hill training will continue with a progression into gate training with the PC Masters group in the following weeks. In season conditioning and recover mythologies will remain an important part of the program.

The Umsteads will be participation in the National Team Camp in Vail, CO December 4-10. Arly Velsquez, Erik Bayindirli, Stephanie Jallen, and the Umsteads will participate in the opening NorAm's in Copper December 12-15.

The NAC has partnered with Team Utah and the NAC Snowboard Team will be training at Park City Mountain Resort and the Utah Olympic Park with them this season. We are expecting between 8 and 10 athletes to begin training right after the Holidays.

RECENT RACE RESULTS (As of 12/14/2011):

- Erik Bayindirli 2nd in mens sitting 12/12 GS.
- Stephanie Jallen 2nd Women's Standing.

(More results coming attached and coming soon.)

The Ski Team would like to thank Brad at World Cup Supply and Pam at Peak Mobile for their partnership in gate equipment and radios.

ATHLETE UPDATES:

Danelle and Rob Umstead are currently in Summit County, CO training with the National Team and preparing for the opening NorAm races at Copper Mountain December 12-15. Danelle has been displaying great time commitment both on the hill and in the gym. She is excited to be skiing on her new skis and looking forward to getting the competitive racing season started.

Stephanie Jallen will be skiing for the National Ability Center this year at the National Championships. Stephanie will be participating at the Hartford Ski Spectacular December 4-10 in preparation to compete in the NorAm events December 12-15.

Teague Cowley is currently training in Austria in preparation for Europa Cups. He will be competing in the IPC Europa cup races in December. He will be able to get starts in 7 GS, 5 SL and 1 Super-Combined. He has had a great training block leading into the races, while training in different locations in Austria while experiencing Europe, ski racing culture, and different training environments.

Ben Hulin has had his first days on snow with the race program and is advancing rapidly. This will be his first year racing. He has demonstrated great learning adaptations and knowledge of skiing.

Erik Bayindirli showed his expertise during his first days on snow. His skill set and fundamentals is advance, and is skiing extremely well! He will be continuing his dryland and recovery workouts as he continuously grows as an overall athlete.

Arley Velasquez is has returned from Mexico after competing in the Par American Game, where he placed 4th in hand cycling. His first days on snow showed a strong showing of speed, determination, and skill as he is skiing extremely well. He is continuing his training off the hill with a cycling and power conditioning program.

