

Name: _____

2023-24

TEAM DULUTH

PRE-SEASON PLANNING FORM

Age: _____ Date of Birth: _____

Weight: _____ Height: _____

Phone/cell: _____ Email: _____

Address: _____

School: _____ Grade: _____

Ski involvement (check boxes): _____ NJRS _____ High School _____ USSA _____ FIS
_____ USASA _____ NLFS _____ FREESTYLE FRIDAYS _____ COLLEGE

USSA# _____ FIS# _____

USSA points: SL _____ GS _____ SG _____ DH _____

FIS points: SL _____ GS _____ SG _____ DH _____

SKI RACING GOALS

Long term:

Short term:

SEASON PLANS AKA: Calendaring

(athletes need to review the plan with parents

(please attach a calendar (from the website) with race starts, training days, etc)

Conditioning

- PREP PERIOD (November-April)
(what did you do?)
- COMPETITION PERIOD (November-April)
(what are your plans?)

On Snow Training

- PREP PERIOD (April-November)
(summer-fall camps, etc):
- COMPETITION PERIOD (November – April)
(camps, training days, days of the week, out of division, etc) :

Conflicts, challenges, comments:

Races

(High School, USSA Region 1, FIS, Out of Division, etc)

NOVEMBER	DECEMBER	JANUARY
FEBRUARY	MARCH	APRIL

Conflicts, challenges, comments:

EQUIPMENT

Skis: GS _____ size: _____ radius: _____
GS _____ size: _____ radius: _____
SL _____ size: _____ radius: _____
SL _____ size: _____ radius: _____
SG _____ size: _____ radius: _____
DH _____ size: _____ radius: _____

Bindings: _____ DIN: front _____ back _____

Bindings: _____ DIN: front _____ back _____

Shims/risers: _____

Boots: _____ size _____ flex _____ cants L _____ R _____

Poles: SL _____ size _____ GS _____ size _____

Other _____

Other Equipment (helmet, goggles/lenses, etc):