



Inside the Issue

WHAT'S BEEN HAPPENING

Pinnacle Athletes have spent the off-season gearing up for the 2021-2022 race season.

WELCOME PAR

Pinnacle would like to welcome racers from Alpine Valley. We look forward to meeting new friends and families through the sport of ski racing.

SENIOR SPOTLIGHT

Senior Nathan DeHart
Adams High School

UPCOMING EVENTS

- Fundamentals Camp: November 5-9 @fundpinn
- Thanksgiving Camp: November 21-27 @pinnvail21

REGION 3 UPDATE

Alpine Officials Update scheduled for October 25 at 7pm. The course will be online. Look for registration information on the Region 3 website.

Alpine Officials Clinic will be held in person in Northern Michigan October 30-31. The second session tentatively to be held downstate November 6-7 or November 13-14.

Region 3 is currently looking for people to fill the following positions: Jury Advisory, Timing and Calculations, Chief of Course, and Chief of Race

FALL SOCIAL | OCTOBER 26

15TH STREET
TAVERN

10081 S. ORTONVILLE RD.
VILLAGE OF CLARKSTON,
MI 48348

6:30-8:30P

PLEASE RSVP BY OCT 12

[LINK AT WWW.PINNUSSA.COM](http://WWW.PINNUSSA.COM)



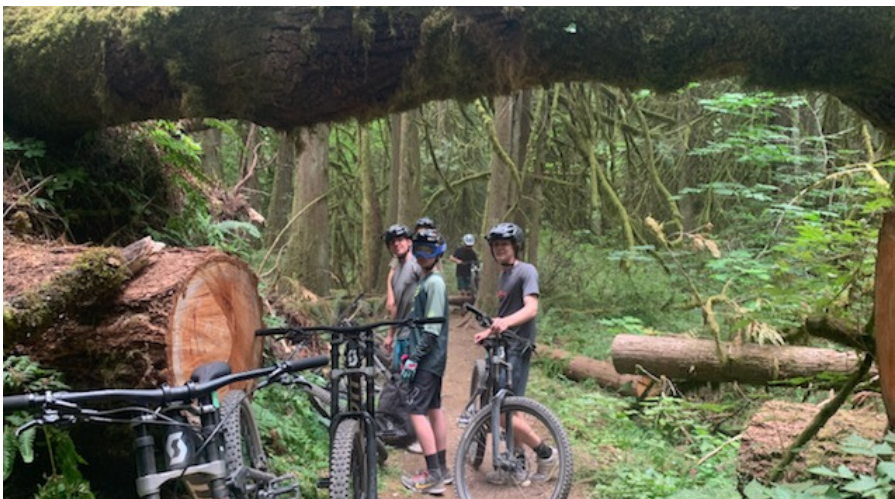
WHAT'S BEEN HAPPENING

Pinnacle has been busy since the end of the 2020-21 race season. We celebrated racer accomplishments at the annual banquet, two camp opportunities, dryland training, and more!

Mt. Hood was a great experience. Coach Delzer said camp was a great success. The coaches were very happy with the progression of our athletes and look forward to seeing continued progress this fall.

The 9th Annual Pinnacle Golf Outing was held September 13. Although a severe thunderstorm forced an early end to the day, the golf committee was proud to announce it was another successful event. As you know the golf outing is our only fund raising event of the year, and helps support all Pinnacle programs.

Can you see the difference in your athlete? Many of our members have been heavily involved with our off season dryland training. This year we have been working with 2SP and are excited to say it is going extremely well. Our athletes have enjoyed the program and we should see some positive results on the hill this winter.



SENIOR SPOTLIGHT

Nathan DeHart

U18/FIS

When did you learn to ski?

I learned to ski when I was 3-4 years old. I took lessons at the Nubs Nob Ski School.

When did you start ski racing?

I started training with Thunderbolts at Pine Knob during the week days, and at Schuss with Win Alpine when I was in 4th grade.

How long have you been racing with Pinnacle?

I started racing with Pinnacle as a first year U14.

What is your favorite Pinnacle memory?

My favorite Pinnacle memory is travelling to Japan for the Japan Cup, skiing powder, and spending the day in Tokyo.



What do you like to do during the off season/when you are not training?

I like to wake surf and mountain bike with my brother.

What are your plans for next year?

I plan on attending Northern Michigan University, and hope to ski on the varsity alpine ski team.

FITNESS ASSESSMENT

Sixty-three athletes participated in the Region 3 / Pinnacle Skills Quest Fitness Assessment. It was a nice check point for the Pinnacle athletes to see their current fitness levels going into the season. We look forward to improving these levels as training continues into the fall at 2SP.

Fall sports athletes who are finishing their season and interested in joining 2SP training needs to contact Derek via email to check on training times and availability. We are looking at the next wave of cohorts to start training Oct 25 and Nov 1.



ALPINE EQUIPMENT REQUIREMENTS

Use the chart below to make sure your athlete is on the proper equipment. Further information can be found on the USSA website. Please direct any equipment questions to the age appropriate head coach.



Alpine Equipment Regulations 2022

(changes are prohibition of helmet camera mounts, and masters FIS helmet requirement)

U19 and Older Equipment

Description	Event	FIS	National
Ski Length Ski length measurement tolerance +/- 1 cm ** -5 cm tolerance for FIS/ENL competition * -10 cm tolerance for Men U19 first-year athletes	DH Women	210 cm min. **	183 cm min.
	DH Men	218 cm min. **	183 cm min.
	SG Women	205 cm min. **	183 cm min.
	SG Men	210 cm min. **	183 cm min.
	GS Women	188 cm min. **	No rule
	GS Men	193 cm min. **	No rule
	SL Women	155 cm min.	130 cm min.
	SL Men	165 cm min. *	130 cm min.
Radius	DH Women & Men	50 m min.	30 m min.
	SG Women	40 m min.	30 m min.
	SG Men	45 m min.	30 m min.
	GS Women & Men	30 m min.	17 m min.
Profile width in front of Binding	SL Women & Men	No rule	No rule
	DH Women & Men	95 mm max.	No rule
	SG Women & Men	95 mm max.	No rule
	GS Women & Men	103 mm max.	No rule
Profile width under Binding	SL Women & Men	No rule	No rule
	DH Women & Men	65 mm max.	No rule
	SG Women & Men	65 mm max.	No rule
	GS Women & Men	65 mm max.	No rule
Stand Height (ski / plate / binding)	SL Women & Men	63 mm min.	No rule
	all events	50 mm max.	50 mm max.
	all events	50 mm max.	50 mm max.
	all events	50 mm max.	50 mm max.
Boot Height (from sole to top of foot bed)	all events	43 mm max.	43 mm max.
	all events	43 mm max.	43 mm max.

U16 Equipment

Description	Event	FIS	National
Ski Length Ski length measurement tolerance +/- 1 cm	DH Women & Men	No rule	183 cm min.
	SG Women & Men	183 cm min.	183 cm min.
	GS Women & Men	188 cm max.	No rule
	SL Women & Men	130 cm min.	130 cm min.
Radius	DH Women & Men	No rule	30 m min.
	SG Women & Men	30 m min.	30 m min.
	GS Women & Men	17 m min.	17 m min.
	SL Women & Men	No rule	No rule
Profile width under binding	SG Women & Men	65 mm max.	No rule
	GS Women & Men	65 mm max.	No rule
Stand Height (ski / plate / binding)	all events	50 mm max.	50 mm max.
Boot Height (from sole to top of foot bed)	all events	43 mm max.	43 mm max.

U14 Equipment

Description	Event	FIS	National
Ski Length Ski length measurement tolerance +/- 1 cm	DH Women & Men	No rule	No rule
	SG Women & Men	No rule	No rule
	GS Women & Men	188 cm max.	No rule
	SL Women & Men	130 cm min.	130 cm min.
Radius	DH Women & Men	No rule	17 m min.
	SG Women & Men	No rule	17 m min.
	GS Women & Men	17 m min.	17 m min.
	SL Women & Men	No rule	No rule

U14 Equipment Continued

Profile width under binding	SG Women & Men	65 mm max.	No rule
	GS Women & Men	65 mm max.	No rule
Stand Height (ski / plate / binding)	all events	50 mm max.	50 mm max.
Boot Height (from sole to top of foot bed)	all events	43 mm max.	43 mm max.

<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2021/2022-Alpine-Equipment-Regulations.pdf>