

SUMMER 2025

www.nhalpine.org

NEW HAMPSHIRE ALPINE RACING ASSOC.

# NEWSLETTER



**2025 NHARA U16 State Team**

## US Ski & Snowboard and NHARA Memberships

[www.usskiandsnowboard.org/membership](http://www.usskiandsnowboard.org/membership)

### Early-Bird Deadlines

- FIS Registration- August 15th
- US Ski & Snowboard- October 15th
- NHARA- October 15th

Athletes must be registered with both US Ski & Snowboard and NHARA by October 15, 2025 to be eligible for the 25/26 NHARA State and Development Teams

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## WEB DESIGN HELP NEEDED

NHARA is updating its website. Please contact Scott Wilkinson ([scott@nhara.org](mailto:scott@nhara.org)) if you or your company have experience in this area and would like to help out.

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By: Sam Damon, NHARA Youth Coordinator

## What Should Your Kids Be Doing This Summer?

I get asked a lot whether kids “need” to ski in the summer. The answer is simple: Maybe.

Here are the criteria I would use:

1. Does it seem like a good value?
2. Is it a natural fit for your family life (i.e. an older sibling is already doing a summer ski camp and you'll be there anyway)
3. Is your child just dying to go?

If you meet these criteria then skiing in the summer could be a good match. If you don't meet them, I would not break the bank or make a big sacrifice to other factors in your child's life just to get some summer skiing in.

All kids, especially those U14 and younger, should be sampling lots of different sports and building a broad athletic base. Don't underestimate the number of athletic skills they will need to call on if they're to perform at a high level later in life! Right now is the perfect time for kids to do this. There are 5 segments to think about:

1. **Cardiovascular:** there's some debate over how much pre-pubescent kids can/should train their cardiovascular system. But did you know that at the U18+ level, aerobic ability correlates directly with world rank in Alpine? So at a minimum, it's worth getting experience in this segment to prepare them to love their future training.
2. **Strength:** Again, some debate about what kinds of gains kids can make, but you can definitely begin. Check to see if your local CrossFit or other gym offers programming for kids, or just have them try some basics with dumbbells at home. Don't go crazy, but it's okay to begin. If you're not sure, find a local certified strength coach and ask for help! Or just give them a decent day pack and go hiking. Hiking up and down the rocky trails of New England is a time honored method for building muscle and training cardio.
3. **ABC's - Agility, Balance, Coordination:** This is the most fun segment. Surfing, dancing, playing an instrument, juggling with hands or feet, gymnastics... the list of fun things that will work this segment is long, and kids can make huge gains that last a life time! I can assure you that there are lots of pretty good ski racers out there who never really broke through because they never really got this piece locked in.

**4. Mental Toughness:** Ski racing is a grueling sport. These children are outside for long days in everything from rain to bitter cold. Even the sun is exhausting! It takes a strong mindset to endure this, let alone to thrive! Summer is a great time for your child to find the love of doing hard things. Yard work? Scrubbing toilets? Long days outside hiking or biking? Big multisport days? The opportunity is to frame hard things as fun challenges. If they can learn to enjoy the tough stuff, they're going far in life.

**5. Natural Athleticism:** One of my early coaching mentors referred to this as "jumping off sheds" because that was what he was doing with the other boys in the neighborhood at age 10. Create situations where they can get exposed to lots of different situations, and then can figure out how to do it the best on their own. Pickup games with other kids, tag on a playground, chasing each other around in the woods with sticks, jumping off high things... You'll know they're doing it right if it scares you a little bit, but it's important to get the adults out of the picture. This is partly physical - imagine how much they'll learn jumping across that stream over and over again, or running full speed up the slide a dozen times. And it's partly mental - we need our kids to self-actualize and self-teach. Your job as a parent is to facilitate access to good environments, and then let them at it. Well meaning adults have a bad habit of getting in the way or holding kids back just when they should be starting to fly. Let them rip!

Have a great summer! We'll hope to see you in early November for SkillsQuest Fitness testing, if not before!

Sam



**NHARA U14s at 2025 Can-Ams**

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## **2025/2026 RACE CALENDAR**

We are currently working with Program Directors and host mountains to put together the 25/26 race schedule. We expect to have that posted here <https://www.nhalpine.org/racing> in September.

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# Alpine Official News & Upcoming Rule Changes

The NHARA Alpine Officials (AO) Committee will be sending information out this Fall through the next NHARA Newsletter, and will also be posting information on the NHARA webpage, including dates and locations of AO Update Clinics, AO Exams and links to next Season's AO Educational materials.

At this year's annual U.S. Ski & Snowboard Congress meetings the Alpine Sport Committee voted to approve several rule changes. Final language will be incorporated into the Season 2026 Alpine Competition Guide, but below are notes that generally describe a few new things you can expect to see next Season.

## **No Real-Time Internet-Based Timing Platforms, such as Live Timing, at Younger Age Class Races.**

Such services will not be allowed at sanctioned U.S. Ski & Snowboard races where U12 and younger athletes are competing, nor at races where U14 athletes are competing with younger athletes.

## **Alpine Officials Education**

Alpine Official Updates will be required for all certified AOs every season, as opposed to the past where they were required only every other season. Like last year, no fees will be charged for NHARA Members to attend any AO Clinics, in-person or on-line, or to take any AO Exams. All position specific AO Exams will only be offered in-person, however, for people just getting started the required Competition Official Quiz will still continue to be available on-line.

## **Gate Height for U14 Athletes**

72-inch gates will be allowed at scored U14 races.

## **Alternating Gate Colors**

SL poles of two contrasting colors, other than blue and red (such as fluorescent green and orange) may be used in U.S. Ski & Snowboard races.

## **Out-of-Region Quotas for FIS Events**

Flexibility was approved for U.S. Ski & Snowboard regional directors to expand out-of-region quotas beyond 10 when possible, depending on field size and race organizer approval.

## **U18 Start Limitations**

The U18 FIS start limitation of 30 technical events for first-year athletes and 35 technical events for second-year athletes was repealed.