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"fastest news in print"

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New **MARA** Monthly Newsletter On-Line!

Welcome to the first edition of the MARA E-zine. The purpose of this monthly newsletter is to increase attention and awareness to key Club issues and events, and provide a forum for Coaches, club members and athletes to communicate clubwide ideas.

In this first edition you will find interesting information affecting all MARA participants. From training information to nutrition, this newsletter is a place to learn more about your club and the sport we compete in.

Mighty Mights Get Fired Up! Dry Land Moves to AMS 5-6pm

MARA Mighty Mights (age 6-12) began dry land workouts earlier this fall at the track facilities at Southern Oregon University.

Led by Coach Aaron Goldman and assisted by senior MARA competitor Brittany Martin, athletes work through a circuit series of isometric and polymeric exercises designed with young competitors in mind.

Emphasis is placed on developing quick muscle recovery while expanding strength and flexibility.

For the second year, MARA athletes have met beginning in late October and continue through early December. The idea is to provide an exercise opportunity for MARA

competitors not involved in a fall sport.

As fall sports end, dry land is a place to maintain strength and stamina and re-establish winter friendships.

With less light, dry land moved to Ashland Middle School from 5 to 6pm. See you there!

ARE YOU UP TO DATE?

KEEP TABS ON IMPORTANT MARA DATES AND EVENTS; CHECK OUR WEBSITE AND CALENDARS OFTEN!

ARCTIC FOREST SMOOTHIE

- 1 peach, frozen
 - 10 blueberries, frozen
 - 1 cup light (reduced sugar) fat-free vanilla yogurt, frozen
 - 1/2 cups 1% milk
 - 1/2 tablespoons crushed pecan
 - 1/2 teaspoons salt
 - 1/4 teaspoons vanilla extract
- Put all ingredients into blender. Blend until smoothie consistency is reached!

Buddy Werner-

Across America, 9 to 12 year old skiers compete to represent their local ski programs at the Buddy Werner Championships. In the Pacific Northwest, the event is held at a different location each season. To ensure equal Participation across our Region, the venue is rotated around Washington, Oregon, Western Idaho and Montana.

-History-

Buddy Werner, America's first international champion, skied with a break neck style that made him the man to beat in the 1950's and early 60's. After competing in multiple Olympics and FIS ski Championships, Buddy's career ended tragically in 1964 when, in Switzerland, he was buried by an avalanche. He is the first, and one of only two Americans, to win at Kitzbühel, host of the mighty Hahnenkamm Downhill. Buddy's skill and spirit is celebrated by the youth ski championship that bears his name.

MARA has a long tradition of successful competition at "the Buddy's". In 2005, the team finished 5th amongst all teams and in 1999, Riley MacGraw won the Giant Slalom!

-Eligibility-

JIV & JV athletes (9-12)
PNSA (Pacific Northwest Ski Association) does not allow athletes under 9 to compete.

-Selection Criteria -

The MARA Buddy Werner team is selected through a series of two qualifier events: the Shakespeare Cup on January 26-27 and the Phil Holocek on February 2-3 at Mt. Shasta. While each event is a race in itself, for qualification purposes, every run is used as a scoring opportunity and the team is selected by counting the best finishers among the possible eight runs (four Slalom and four Giant Slalom).

Scoring is based on World Cup Points (see USSA Competition Manual p.30 *www.ussa.org*).

-Quota and Intent to Compete-

Male and female teams of seven with one alternate each will be selected from those athlete families expressing interest in participating at Buddy Werner's. Intent to compete must be expressed by February 10th, though preferably at

the beginning of the MARA season. Express intent to the MARA program director and Buddy Werner Head Coach.

-Seeding-

MARA racers seeding at Buddy Werner Championships will be according to the rank in which each individual was selected in each discipline.

-Fees-

Additional fees will be required from Buddy Werner Team members at the best price possible to cover the expenses of the championship event. These fees consist of:

- Race entry fee
- Team outfit
- Lift tickets
- Banquet tickets
- Coach's room and per diem

Final fees will be announced before the selection of the BW team and must be paid in full prior to the start of the Championship.

"He is the first and one of only two Americans to win at Kitzbühel, host of the mighty Hahnenkamm Downhill..."

Pre-Season Training Tips

The goal is to do these core workouts 3-4 days a week consistently and begin to see and feel the difference they make. The beauty of core workout is that you need no equipment, no supervision or partner. How much you improve is up to you.

Station 1- 30 seconds and then move on to station 2

Crunch: Lie flat on your back with your feet up in the air. Hands locked behind your head and you bring your elbow to your knees.

Station 2- 30 seconds and then move on to station 3

Flutters: Lie flat on your back with your legs extended. Place hands under small of the back to lend support. Flex the legs slightly at the knees (do not lock) and alternate with a flutter kick. Focus on moving entire leg as it works the hips, quad and hamstrings.

Station 3- 30 seconds and then move on to station 4

V-Up: Lie flat on your back with your arms extended over your head. Bring the body together in a V position and hold for 1 second at the top. Back down and repeat again.

Station 4- 30 seconds and then move on to station 5

Scissors: Same as flutters except you cross the legs over and under- legs off the ground

Station 5- 30 seconds and then move on to station 6

Push Throughs: Lie flat on your back with your knees bent and your feet flat on the ground. You will perform a modified crunch reaching the arms between and to the left and right side of the knees.

Station 6- 30 seconds and then move on to station 7

Side crunch: Lay flat on your back. Turn to the left and right side and bring the upper body up working the transverse obliques.

Station 7- 30 seconds and then move on to station 8

45-90: Lie flat on your back in the same position as the flutters. You will raise the legs together to a 45 degrees and hold. Begin alternating bringing the legs between 45 degrees and 90 degrees. Focus on control and work hips, abs, and quads. Great one!

Station 8- 30 seconds and then move on to station 9

Row Boats: Sit in the upright position with the hands behind you to support and control the body position. Flex and extend legs together from the bunched position to the extended position.

Station 9- 30 seconds and then move on to station 10

Medicine ball sit up: If you have access to a med ball this is a great sit up. Regular sit up with the use of a med ball. Start light and work your way up over time. Hold the med ball away from the body in front of you or over your head to emphasize mid abdominal use.

Station 10- 30 seconds and then move on to station 11

Superman: Lie flat on your stomach with your arms extended overhead. Bring the arms and legs off the ground at the same time and hold for 30 seconds. Contract the gluts and hamstrings. This is also very good for the lower back.

*Pre Season Core Workout:
Compliments of Kelly Sullivan at Oregon
State University*

Juniors- *by Coach Matt Wattier*

Important dates for Junior Athletes:

- Winterstart entry deadline, Dec. 21
- JIII #1 entry deadline, Jan, 4
- JI/II #1 entry deadline, Jan. 7

Race announcement and entry forms are available at the PNSA web calendar.

Don't wait to get your entries in!

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SETTING GOALS FOR OLDER ATHLETES

As young racers develop, setting goals becomes more and more important. As athletes evolve from skinny kids with the unicorn helmet, to the young adults with legs of steel going 70 mph, their goals must evolve also. Goals that begin as making a single run down third bowl at Mt. Ashland can develop into a long term effort to make the U.S. ski team. No matter how far an athlete wants ski racing to take them, setting goals provides direction, allows feedback and provides motivation on a daily basis.

Effective goal setting begins with a long term goal. Competing in the Junior Olympics, making the PNSA team, lowering point totals or improving start placement are examples of long term goals. A good way to determine a long term goal is to ask, "Where do I want to be or what do I want to accomplish by the end of the season".

Once a long-term goal is established, determine what you need to do to accomplish that goal. Staying focused through the entire season, getting the most out of training days and focusing on specific skills, strengths

and weaknesses are examples of what you may need to reach a long term goal in ski racing.

After setting a long term goal, break it down into several short term goals. Short term goals are generally no longer than two weeks and are more specific. Set small, obtainable goals that directly relate to your long term goal. If your long term goal is to lower your points, make a goal of finishing in the top thirty at the next race. Setting a personal best or crushing that chump who thinks he/she is the best thing in skiing since the pole plant are other examples.

In order to achieve your short term goals, break them down into task goals or daily goals. You can't lower your points just by wanting to; you have to work at it. Establish a daily goal that will help you achieve your short term goal. For example, to place in the top thirty, you have to ski faster or cleaner. During training days strive to run a clean line or focus on specific areas you and your coach have outlined.

Consciously work on that specific goal or task the entire day and you will see results. These daily goals are to be used on training days, as well as race days, and can be a physical skill or mental task.

Goals are important in sports and in life, but sometimes get forgotten or crawl into the back of your mind. Keep your goals in sight by writing them down, talking to parents, friends and coaches and keeping a daily log or journal. Develop a checklist of goals you have achieved and want to achieve. Write your goals on something you see every day, a binder, water bottle, helmet or your skis. These small efforts, that may seem insignificant, will keep your goals in sight and you will have more success as a result.

Everyone has different goals and dreams. By breaking long-term goals into short term goals and breaking those down into daily goals, you will have more success, stay motivated and focused and have constant sense of accomplishment. Every day you put your boots on, ask yourself, "What do I want to accomplish today?" Answer that question and try your best to apply it and you will see results...guaranteed.

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