

Special Interest Articles:

- Evening with the Director, Parents Meeting
- Parents Ten Commandments
- Nutrition: Carbohydrates

Highlights:

- Juniors
- Mighty Might

MARA Dates to Remember

4-Jan	5-Jan	10-Jan	26/27-Jan	2/3-Feb
Masters Begins	First Day of MARA	Thursday Night Train	Shakespeare Cup	Phil Holecek @ Shasta

Junior Athletes Score!

Mt. Bachelor, OR

Seven MARA Juniors (age 13-18) attended the Russ Read Open, a USSA sanctioned Giant Slalom event, on Dec. 14th and 15th. Powerful storms and intense wind did not deter Mike Bansmer, Charlie Legg, Austin Lawrence, Logan McKelvey, Brittany Martin, Maddie Chaves and Rachel Ray from solid performances.

First year Junior III competitors Rachel Ray, Maddie Chaves and Logan McKelvey impressed coaches with

their strong skiing both days. Logan finished one of two events while the ladies completed both, scoring significant results for the weekend.

Panorama, BC

Molly MacGraw traveled to British Columbia in December to compete in two events; the PGMC Tech. Series at Norquay, BC and a BC Cup Tech. Series at Panorama, BC. Racing with limited early season training, Molly battled to put together two runs to complete a race.

Getting her groove midway through the Panorama event, she skied to an 18th place finish in the final Giant Slalom and completed her trip with an exciting 6th place finish in the second to last Slalom. Great Skiing, Molly!

Upcoming event for our traveling athletes include:

Nakiska, BC FIS Slalom:

Michael Bansmer JI
Mt. Hood Meadows, Winter Start Slalom:
 Rachel Ray JIII
 Maddie Chaves JIII
 Austin Lawrence JIII

Itinerary for Saturday, January 5, 2008

9:15-9:30	Athletes meet MARA coaches in front of lodge
9:30-11:30	Athletes ski with coaches
11:30-12:30	Lunch
12:30-2:00	Youngest/Newest MARA athletes done
1:00-2:00	Parent meeting on fourth floor
3:00	End of day

See results for all MARA competitors at our website - mtashlandracing.com

Parents Want to Know...By Coach Rector



"MARA coaches are the cream of the crop."

10 Commandments for Sport Parents

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have more goals than winning.
- X. Thou shall not expect thy child to become an Olympian.

Friday, December 21st, marked the first monthly "Evening with the Director" a non-formal, open format, question and answer session for MARA parents. Open to all members, these meetings are particularly valuable to new families and are an important opportunity for more experienced MARA parents to share their insight and wisdom while creating community.

These monthly meetings will continue until the end of the MARA season. Check the Mighty Might or Junior calendar for correct dates and locations. The next meeting is slated for the January 11th, and the locations will be posted on the website calendars. Here is an example of some questions and answers:

Q: What should a new family expect the first morning of MARA?

A: Stormy weather, a crowded lodge and traffic on the access road. Solution, be in the parking lot between 7:45 and 8am. Have a LARGE bag ready to carry loose equipment to the lodge. On the 4th floor you will see a MARA banner with smiling faces beneath, waiting to answer questions and assist with emergencies. Have your athlete(s) ready to ski and in front of the lodge by 9:15!

Q: Where do MARA coaches come from and how are they qualified?

A: MARA coaches are the cream of the crop. Averaging 5 years of service, our staff represent the most passionate and skilled teaching group on Mt. Ashland. All staff members are subjected to yearly background screening as part of the annual hiring process.

In a continual effort to improve, the coaches attend clinics and meet with the Head Coach to share ideas and acquire tricks of the trade. Additionally, United States Ski Association Certification is made available to staffers.

Q: Where do we find ski equipment?

A: For the youngest athletes (shoe size 4 and smaller) the best deal is at Rogue Ski Shop. They offer the "Youth Ski Program" which, for \$330, gets a child three seasons of equipment. The SOU ski swap in November is also an excellent place to find equipment.

MARA offers a used equipment exchange listing on the club website. Look there for high-end race equipment or to sell your old gear

Smoothie of the Month

AVOCADO AVALANCHE

1 large avocado

2 teaspoons condensed milk

1 cup ice

Scoop out avocado into blender. Add 2 teaspoons condensed milk or a little more, depending on how sweet you like it.

Then add the ice and blend all of it together until it's a semi-creamy texture.

Sports Nutrition Series...Carbohydrates

Trivia:
What is this picture of?



Trivia Answer:
Lower Winter on Mt. A!

Carbohydrates

All energy, whether it's to play sport or carry out any other activity, comes from three classes of food called **macronutrients**. These nutrients are better known as carbohydrates, fats and proteins. Each is important - not only to fuel athletic performance but also for overall health and well-being.

Weight for weight, carbohydrates contain the **least amount** of energy out of the three macronutrients. **Yet they are the most important type of fuel to an athlete.**

During short, intense bouts of exercise (like sprinting), carbohydrate is the only fuel capable of supplying the body with energy quickly enough. In the first few minutes of any activity, it is carbohydrate that almost exclusively meets energy demands. In addition, the ability to repeat a sprint at the end of a game or race, to the same high level as at the start of the game relies, in part, on the body's carbohydrate stores.

Although the body does use fat for lower intensity activity, carbohydrate acts as a "primer" or catalyst for fat to be broken down. Finally, carbohydrates play a key role in central nervous system function. The brain for example, uses glucose almost exclusively as its fuel.

Can diet significantly affect the body's carbohydrate stores?

The average person has about **2000 calories** of stored

carbohydrate. An overnight fast (8 to 12hrs) and a low-carbohydrate diet can dramatically lower these stores. More importantly, a carbohydrate-rich diet can more than double them. The body's upper limit for carbohydrate storage equates to about 15 grams per kilogram (2.2lbs) of bodyweight. So an 80kg (175lb) person can potentially store up to 1200 grams of carbohydrate or 4800 calories worth of energy - all with just a few dietary modifications.

There are different types of carbohydrates. Understanding what they are and how they affect the body differently, is important to athletes and what they eat before and after a game.

Monosaccharides

This is the most basic unit of carbohydrate. Examples of monosaccharides include **fructose** (sugar found in fruit) and **glucose** (also called blood sugar). Cells can use the glucose found in food directly for energy, while fructose is converted to glucose in the liver.

Disaccharides

Combine two monosaccharides and the result is a disaccharide. **Sucrose** or table sugar is a disaccharide and it's the result of combining glucose and fructose. The sugar in milk, lactose, is another disaccharide. The collective name for both monosaccharides and

disaccharides is **simple sugars**. Simple sugars are quickly absorbed by the body and provide a rapid source of energy.

Simple sugars such as fruit and energy drinks are a good food choice to refuel **AFTER** a game when the body's energy stores are low.

Polysaccharides

Starch and fiber are both polysaccharides. Starch is the combination of hundreds of monosaccharides joining together. Nutritionists often refer to polysaccharides as **complex carbohydrates**. Examples include bread, potatoes, rice and pasta. It takes longer for the body to break these complex structures down so they release their energy over a longer period than simple sugars.

Fiber differs from starch in that it cannot be digested and used for energy. It's still an important dietary component though and there is a growing link between lack of fiber and certain degenerative illnesses.

Starchy complex carbohydrates are the best choice BEFORE a game as a pre-match meal.

Mighty Might's

PREPARING ATHLETES FOR THE SKI SEASON

by Matt Wattier

There are many things parents and athletes must do to be ready to ski when the MARA season begins. The most important, especially for younger racers, is appropriate gear and clothing. If you think the duct tape that held those gloves together last year will make it one more season, think again.

When kids get cold and wet the 'fun factor' goes into the negative. Gortex insulated gloves and ski pants offer water protection and breathability, keeping young racers warm and dry in the harshest conditions. A gortex shell is probably the best option for a jacket. A shell allows your athlete to layer fleece and polypropylene garments underneath also giving the option to shed layers as weather allows.

Please buy an appropriate helmet and goggles. The helmet should fit snug and the goggles should not leave a large gap between the top of the goggles and the edge of the helmet. A thin hat that can be put under the helmet for those really cold days is also recommended. Warm ski socks (no cotton) and neck gators are also necessities.

Please wash the neck gators weekly as they can get snotty and nasty and turning them inside out is not the most attractive solution. Buying new

clothing each year can be very expensive but buying clothes five sizes too big and hoping that it will last the next four seasons is unrealistic. Purchase clothes that will last for two seasons. This will allow the clothes to fit without being too bulky and baggy, allow room for a year of growth and ease the pain in your pocket book, a little.

Boots, skis and poles, oh my! With the money you will spend on equipment through the life of your racer, you could purchase your own private island. Although expensive, boots, skis and poles are crucial to an athlete's enjoyment and performance.

Buying the most expensive and top of the line gear is not necessary, especially for younger athletes, but buying old, cheap gear is not going to help your athlete either. There are many options for getting gear inexpensively. The MARA website has excellent quality used gear, almost always in great condition, at affordable prices. Rogue Ski Shop and ski swaps are also great places to find quality, affordable gear. The crew at Rogue Ski Shop has many years of experience dealing with MARA parents and athletes and can point you in the right direction.

Boots should fit snug with the width of about one inch between the end of the big toe and the end of the boot liner. Buying boots too tight will

constrict blood flow leading to cold, uncomfortable feet. Buying boots too big, hoping they will last until high school, and wearing four pairs of socks to make up the difference is not an option either. As with clothing, buy for two seasons use, but don't go bigger than one inch of space in the toe.

If you are using boots from last year, check the wear on the bottom of the toe and heel. If the wear is extensive, the boots may not fit into the bindings properly and may be unsafe. Make sure that the forward lean is proper. To test this, have the racer stand on flat ground and get into a tuck. If they fall on their butt, the boot needs to be adjusted forward. If you don't feel comfortable doing this, a ski shop can help.

Buying skis for your athlete can be a difficult task. There are so many options it can make your head spin. A ski shop can give you the best info and options for your racer based on height, weight and ability. The skis should not come past the tip of their nose and I would recommend a GS or all-mountain ski over a slalom ski if you are only buying one pair of skis. Again, buy for two seasons of use only. A pair of 180's for a seven year old is not a good choice.

Purchase an edge sharpener to keep those skis in tune and saving you from expensive ski shop tune-ups.

Bindings are a fairly easy buy. Let the ski shop decide if the bindings you have or are considering buying are appropriate for your athlete. Bindings are one thing that should be left to the pros to mess with. Have them check din settings and check for proper releasing.

Ski poles should be of appropriate length. Turn the pole upside down and have the racer hold it above the basket. Their arms should form a 90 degree angle. Poles that are too long or too short will cause poor form and can be dangerous.

This all may seem overwhelming but good information is out there and there are plenty of experienced people that can help.

Good luck, pray for snow and we will see you on the hill.

ARE YOU UP TO DATE?

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

Juniors:

Look Like An Athlete

The success of an athlete depends on a number of factors including the body type of the athlete. In most sports, body size and composition cannot accurately predict athletic success but it can assist or impair performance. Body size includes height (stature), weight (mass) and body segment lengths. Body composition includes muscle, bone and fat mass (body fat).

Body Type for Sports:

Greater weight is beneficial for sports that need to overcome the actions of another body or an external object (e.g. bobsled, football). For sports that require the movement of the body over moderate or long distances (e.g. cross-country

skiing, marathon running) or where gravitational forces need to be overcome (e.g. ski jumping) less body weight is required. Taller individuals with long limbs and a higher center of gravity have an advantage in jumping and throwing events (e.g. javelin, long jump). Shorter individuals with a lower center of gravity have an advantage in sports that require the body to be rotated around an axis (e.g. aerial skiing, gymnastics). Genetics play a major role in determining an individual's body type. However, training and nutrition can increase or decrease body weight, muscle and fat mass.

Body Fat and Its Role in Sports:

Essential fat is necessary for shock absorption (football), buoyancy (water polo), thermal insulation (swimming) and fuel stores (cross-country skiing). Non-

essential body fat contributes no strength advantage and limits endurance, speed, movement through the air and decreases the mechanical efficiency of physical activity. If an athlete has too little essential fat then they experience decrements in performance, decreased immunity, hormonal disturbances, disordered eating and increased risk of injuries.

Muscle Mass and Its Role in Sport:

Sports that require an application of a force, particularly against an external source, are positively related to the absolute amount of muscle mass and therefore to body size. Muscle mass has been shown to be a strong predictor of performance in sports such as alpine skiing and bobsled and should be emphasized when athletes are encouraged to gain weight.

"If an athlete has too little essential fat then they experience decrements in performance..."

Important Reminders for Junior Athletes:

- JIII #2 race fees to MHA
- JI/II #2 race fees to MARA

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

Don't wait to get your entries in!

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