

FAST - Farmington Area Ski Team
Titcomb Mountain, Farmington, Maine
www.titcombmountain.com

FAST - Nordic

The FAST (Farmington Area Ski Team) program offers children in grades 4-8 an introduction to and participation in classic and skate nordic ski racing. Group and individual coaching will be provided in a positive and supportive environment. Competition will include races against teams from area communities and schools. The goal of each practice is to make outside exercise and skiing fun. We will build upon physical fitness, ski skills knowledge and enjoyment of the sport to prepare each skier for the next level. The emphasis will be on participation in practice and races are a culmination of practice. Practices are Monday through Thursday with concentration on race prep most Fridays. The majority of the races are on Saturday, with a few midweek races as well.

Dates: Practices start Monday, **December 2** and continue through the beginning of March.

Time: Practice are 2:30 to 4:30, race times vary

Program Costs: Farmington Ski Club Membership (a season pass) PLUS \$75 per participant (or \$110 for both alpine and nordic skiing)

Equipment: Participants will likely need to provide some of their own skiing equipment, though some team gear will be available.

Registration: Registrations are preferred by the first week of December. Program applications are available on the Titcomb website.

Contact: Jen Civiello fastcoachingteam@gmail.com; 207-939-6439 or Titcomb at 778-9031

FAST - Alpine

The FAST program offers children in grades 4-8 an introduction and participation in slalom and giant slalom alpine ski racing. Group and individual coaching will be provided in a positive and supportive environment. Competition will include races against teams from area communities and schools. The goal of each practice is to make outside exercise and skiing fun. We will build upon physical fitness, ski skills knowledge and enjoyment of the sport to prepare each skier for the next level. The emphasis will be on participation in practice and races are a culmination of practice. Practices and races are Monday through Thursday and there are some Saturday race meets.

Dates: Practices start Monday, **December 2** and continue through the beginning of March.

Time: Practice are 2:30 to 4:30, race times vary

Program Costs: Farmington Ski Club Membership (a season pass) PLUS \$75 per participant (or \$110 for both alpine and nordic skiing)

Equipment: Participants may provide their own skiing equipment, or rentals will be available.

Registration: Registrations are preferred by the first week of December. Program applications are available on the Titcomb website.

Contact: Monica Clark at monicahclark14@gmail.com; 207-441-8477 for the alpine team or Titcomb at 778-9031

Informational meeting for both Alpine & Nordic will be on Thursday, November 21st at 6:30pm at Titcomb Mountain.

The program listed above is not an RSU 9 sponsored activity, however, this flier is being distributed in the local schools as a community service. All costs associated with this flier are paid for by Titcomb.