



Nub's Nob Alpine Racing (NNR) Team Memberships

Nub's Nob Alpine Racing (NNR) offers a flexible membership program to train, educate and coach alpine racers of all ages and abilities, youth development to masters. Join us every weekend and throughout the week for some of the best alpine race training in Northern Michigan. NNR trains on several hills around Nub's Nob for diversity, with most training on **Race Arena**; a dedicated race training hill with a high speed tow rope, and **Scarface**; the most extreme alpine race training available in the Midwest, with more pitch and terrain changes than any other ski areas runs (for our advance racers only).

In addition to flexible memberships to choose from, NNR offers one of the best Holiday Camps in Michigan. Sold out for the past 5 years, the NNR Holiday Camp, December 26th through 31st (mandatory meeting December 26th at 3pm) offers 3 sessions of training each day with certified coaches. Contact NNR at 231-526-2300 for more information or visit our website at www.nubsnobalpineracing.com.

NNR Membership Levels:

NNR Junior Alpine Racing Team (JART)

U14 and younger (Middle School and Elementary School Age)

Nub's Nob Junior Alpine Race Team (JART) is a club based development program to educate and train our young racers to their greatest potential. Professionally educated Alpine Coaches use fundamental skill progressions and technical and tactical lessons to instruct various race levels from basic to dynamic and teach life lessons through team involvement, athletic endurance and emotional morals.

JART is geared toward intermediate to expert skiers, 1st to 8th grade, who want to learn to alpine race or enhance and improve race skills. JART trains for 9 weeks, several times a week and/or weekend. In addition, JART participates at several club level invitationals throughout the season in northern Michigan. Participants must be able to ride the chair lift and rope tow without Coaches assistance, and ski all Black (most difficult) runs under control. Nub's Nob lift tickets or a season pass are required and sold separately. Helmets and appropriate protective race gear are required for all training and racing sessions.

JART Membership includes:

- 9 weeks of training (January 2nd to March 9th)
- Monday/Wednesday 6pm to 7:30pm and/or Saturday 9:30am to 11am and 12pm to 1:30pm
- Training in small groups designated by age and ability
- Training on Race Arena, Southwest, Big 40 and Outback Jack
- Defined skills development and race progressions
- Coaching at 3 Invitationals or more (race entrance fees and lift tickets are extra)
- Free NASTAR on Saturdays with team
- Beat Your Parents Race and Cookout, March 3rd
- JART Banquet March 9th
- Holiday Camp (Optional) - December 27th to 31st, mandatory meeting 26th at 2:30pm

NNR Sport Team (Sport Team)

U14 and older (High School and College Age)

NNR Sport Team is advanced alpine race training for our High School and College Age Racers who are looking for additional training only. Training is geared for ski racers who desire high-speed, steep terrain and mass gate time to take their racing to the highest level. Training with the sport team provides an opportunity for our athletes to improve their race skills and enhance their gate tactics beyond time training with their high school and college teams. It is an opportunity for racers to step their game up by working on individual issues and having more time in the gates to improve. Throughout the week and most early Sunday mornings, training takes place on Scarface. When not on Scarface, training takes place on our dedicated race training hill, Race Arena. Coaches work with larger groups of athletes at once to provide the most advanced coaching possible.

NNR Sport Team Members must be physically fit, a strong intermediate or better ski racer and have coaching staff approval for participation. Nub's Nob lift tickets or a season pass are required and sold separately. Helmets and appropriate protective race gear are required for all training sessions.

NNR Sport Team Membership Includes:

- Starts training once weather permits and ends March 10th
- Monday and Wednesday 6:30pm to 8pm and/or Saturday and Sundays 7:30am to 9am and 10:30am to 12pm (unless specified)
- Group training on Scarface and/or Race Arena
- Fine tune skills and race fundamentals
- Free NASTAR Saturdays and Sundays with Team
- Beat Your Parents Race and Cookout, March 3rd
- Holiday Camp (Optional) - December 27th to 31st, mandatory meeting 26th at 2:30pm

NNR Masters Team (MASTERS)

Alumni and older

Master Team Membership is available for all racers 18 and over who are no longer in high school or college. Masters are racers who want to continue to improve and fine tune their race skills. Master Racers may participate in local race series, adult race leagues or even Homologated MASTER Racing. Members of the team are welcome to train anytime the Sport team is training and during Holiday Camp (Dec. 27th to 31st).

Masters Membership Includes:

- Begins when weather permits and ends March 10th
- Trains during sport training
- Free NASTAR Saturdays and Sundays with Team
- Holiday Camp - December 27th at 31st, mandatory meeting December 26th at 2:30pm

NNR Competitive Team (Competitive Team)

All ages racing US Ski and Snowboard Events (USSS)

NNR Competitive Team is open to United States Ski and Snowboard (USSS) racers of all ages choosing to take their racing to the highest level with NNR. Competitive Team members have chosen to give even more of their racing efforts by training and racing beyond just Middle or High School or College racing. Racers are putting more emphasis on the season and choosing to train as a team and race as individuals at USSS events. Team members will train during the week with USSS assigned coaches alongside their peers on JART or Sport Team. In addition, the Competitive team will have the opportunity to train with other Competitive team members only on Thursday nights during team specific training. Varied training sessions maybe used throughout the season to provide the best opportunity to train and challenge our competitive team.

Joining the competitive team provides an opportunity for a positive, strong coach to athlete relationship. Competitive Team members will be grouped mostly by age group, with some moving around according to training plans. **Each age group will be assigned a lead Coach for the season, but will work with all NNR Coaches to receive well informed feedback and advice.** Training plans will be based around progressions needed to improve race tactics for the season. Goal setting and routine review of goals will help members identify if they are on-track to personal success.

In addition to training as groups as much as possible during regular season training, Competitive Team Members will start Holiday Camp one day early with training sessions specifically dedicated to them on December 26. A coach will be assigned each group (some combining between groups will take place) and the Competitive Team will train with a specific plan throughout the camp.

Competitive Team Membership Includes:

- Dryland training, Sundays, 11am to 12pm, October 14th through November 11th at Nub's Nob
- **Team meeting October 14th at 12pm at Nubs**
- Fitness Assessment October 28th (more data coming)
- On Hill Train as soon as weather allows and ends as weather limits
- Full Training with NNR
- Train Monday, Wednesday and Saturday with JART or SPORT
- Train Sunday with Sport
- Free NASTAR Saturdays and Sundays with Team
- Holiday Camp, December 26 through 31st, 3 sessions daily
- Special Closed Train Thursday 6:30pm to 8pm, hills will vary
- Designated Coaches through the season
- **Coaching at all R3 events**
- **U14 and U16 membership includes** all coaching and coaches expenses to Shelly Glover and Hoskins Memorial. Junior Nationals not included and fee will be determined if qualified.
- **U19 USSS Only includes** coaching and coaches expenses to Shelly Glover (qualifiers for Eastern US National High School Championship). Hoskins Memorial not included
- **U19 FIS/USSS includes** coaching and coaches expenses at MidAms and Shelly Glover.
- Special Projects and/or races to be determined, and will be extra cost
- End of Season Banquet - Time to be announced

USSS/FIS Daily (Not on Competitive Team)

All Ages (USSS/FIS Membership required)

Coaching at USSS and/or FIS events is available on an as needed basis for racers not on the NNR Competitive Team. Daily rates include warm-up drills, inspection, race preparation, advice at top, course reports, feedback at bottom and video analysis of one or more runs. If the event is farther than 55 miles from Nub's Nob, coach's travel expenses may apply also (divided amongst all participants). Please contact Rebecca if you will be using NNR on a Daily basis to discuss specifics.

NNR Holiday Camp Only

All Ages (Non-NNR Members)

NNR offers the most successful, challenging alpine race camp in Michigan during the last week of December. Three sessions a day for 5 days, providing mass training opportunities and helping to get athletes in tone (physically fit) for the season which begins the first of year. Athletes train in groups by age and ability. Early morning training on Scarface for our advanced racers only.

Non NNR Members are allowed to participate in our Holiday Camp if they are advanced skiers, can ski all black hills in control, and can ride chairlifts alone and the our high speed rope tow without assistance (coaches cannot help athletes on the rope tow).

Holiday Camp Only

- December 26th to 31st, mandatory meeting December 26th at 2:30pm.
- Train in groups based on age and ability
- Video review
- Camp Gift
- See Camp Flier for training times and disciplines.