



MMSC @ MMWA



THE NEWSLETTER OF MT. MANSFIELD SKI & SNOWBOARD CLUB AND MT. MANSFIELD WINTER ACADEMY · WINTER/SPRING 2011

THE LASTING IMPACT OF POST-CONCUSSION TESTING

CONTENTS

- 2 LETTERS FROM LORI & IGOR**
- 3 VAIL REPORT**
- 5 PG SPOTLIGHT**
- 6 MMWA SENIOR PROFILES**
- 8 MMWA 2010-11**
- 9 FREESTYLE UPDATE**
- 10 SNOWBOARD SPOTLIGHT**
- 11 A GENUINE COACH**

Mt. Mansfield Ski & Snowboard Club
403 Spruce Peak, Stowe, VT 05672
802.253.7704

Mt. Mansfield Winter Academy
PO Box 3269, Stowe, VT 05672
802.253.7409



MMSC Director Igor Vanovac and J3 coach Topher Harlow on race day. Photo by RB Klinkenberg.



J2 Linley Shaw, a MMWA sophomore, forerunning the Stowe GS course in late January. Photo by RB Klinkenberg

In the world of skiing and snowboarding, amid the thrill of speed and new tricks, risks abound. Concussions, in particular, sideline many winter sports athletes and are notoriously elusive when it comes to determining the diagnosis, evaluation, and rehabilitation of head injuries.

For MMSC and MMWA, new information on concussion injuries has led to a more aggressive and standardized protocol emphasizing safety every step of the way.

This winter MMSC and MMWA updated its protocol for the management of sports-related concussions and also began using the ImPACT concussion testing system to identify and manage concussions on all student-athletes. The testing program offers a more reliable, individualized and consistent approach to the post-injury treatment plan.

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a 20-minute computerized test that has become a common tool used for the management of head injuries for athletes of all ages. The testing assists doctors

continued on page 4

A LETTER FROM IGOR

H

ello MMSC and MMWA Families, Athletes and Alumni,

The 2011 season is flying by and I am happy to say that we have accomplished goals, risen to new challenges, and succeeded in high-level competitions among all the disciplines. I am thrilled about the addition to the MMSC Clubhouse. Here at MMSC, we continually strive towards improving our club, educating and training our staff, and providing top-level programs for our 240+ athletes. With an additional 11,000 sq. feet to our clubhouse, we have been able to provide adequate space for all our athletes, families and visiting athletes. We know part of developing great athletes and great kids is providing a space where they can build camaraderie and lifetime friendships.

In addition, our staff has implemented a physical training element for the older athletes in our new gym, which has enabled them to train more conveniently and provided them the tools to make them stronger, quicker and faster. Our members' locker room has also been a great success—we are happy to provide a place for families and athletes to store equipment.

Moreover, we are proud of our on-snow training and competition facilities. The half-pipe and terrain park located on Mt. Mansfield are fantastic for our freestyle and snowboard programs. Our alpine venue on Main Street at Spruce Peak is one of the best training and competition hills in the U.S. Not only does the trail have phenomenal terrain, it also boasts high-speed access, netting that runs the entire length, and snowmaking. Main Street will host the UVM Carnival, Eastern Championships, Eastern Cup Finals and the NCAA Championships this season.

Lastly, thank you parents for your tireless effort, commitment, dedication and volunteer hours to MMSC.

Cheers,

Igor Vanovac

A LETTER FROM LORI

D

ear Friends & Families,

I write this letter as the snow falls steadily outside my window – our first “real” storm of the winter. Today was a snow day here at the Academy, a rare event but one that seems to energize the entire school. These are the days where adventures are had, where friendships thicken, and stories are made that will be told over and over.

We've had a great start with a full student body, a remarkable staff all around and yes, excellent conditions on the mountain. I find myself smiling more often than last winter. The buildings are working out well with some classroom and dorm space reassignments. It has been a bit trickier with an additional 18 students on the grounds but, all in all, it has been a very smooth first half of winter.

Every year, the new seniors remark about how different the school seems to them. And every year I explain to them that it is their turn to lead and their responsibility to set the tone. This year, with a larger number of new students in every grade, there is a different feel to the school. It has been interesting to watch the process of a small community slowly come together and form those bonds that will last a lifetime.

The school is through the mid-year exam period, the college application process is complete with some students already decided on their path next year, and everyone cleanly entered Quarter Three so the major stressors are complete. Keeping senioritis in check, controlling student shenanigans, and helping everyone to stay healthy and focused should keep the staff busy through April! As always, the door is always open – feel free to stop by and visit on your way to or from the mountain.

Warm Regards,

Lori Furrer

MMSC VAIL REPORT

SCHOOLED

SPOILED

By Shelly Martin

MMWA Teacher and Study Hall Sheriff

By Topher Harlow

MMSC Head J3 Coach



MMSC J1/J2/PG GIRLS ON THE BEAVER CREEK WORLD CUP PODIUM.



MMSC J2 BOYS AT VAIL WITH COACH LORANT GUDASZ.

***27 MMWA students.
162 courses with homework.
15 quizzes proctored.
8 study halls.
1 study hall sheriff.***

Before leaving for Vail at the end of November, 2010, the study hall rules and expectations were laid out. Students were given course assignment sheets and their MMWA teachers were instructed to fill out the assignment sheets and attach any worksheets. The moaning and groaning began before the meeting was even over.

“We’re going to have study hall every day...” “What if we finish our work early, do we still have to come?”

The students were strongly advised to photocopy textbook sections, instead of lugging full books across the country and increasing the weight of their already overweight bags. Of course, there is always one student who doesn’t listen. This particular student

continued on page 9

The best way to describe our early season training trip in Vail is to say we were totally spoiled. From the accommodations to the snow conditions and everything in between, we were all very fortunate to be part of such a great fall camp. From a coaches’ point of view, Vail was a complete success for the athletes, coaches, and the Ski Club as a whole.

For the athletes, Vail was an ideal early season camp venue for all ages. With the mountain nearly 100 percent open, athletes were able to free ski for the first few days, which was vital to the success of the camp. For the younger athletes, they were able to get on snow with an incredible

amount skiable terrain; giving them the opportunity to get an extraordinary amount of mileage and skill development prior to getting into gates. Ski Club Vail has a similar setup to MMSC for their on-snow training venue. They have a high-speed lift servicing a fenced trail that is closed off to the public for training and highly efficient for our training purposes.

For the coaches, we could not ask for anything more in a fall camp venue. With the immense acreage available for skill development and the perfect conditions each and everyday, Vail had something to offer for each age group. As numerous National Teams trained at Vail the weeks prior to our arrival, the training

continued on page 10

POST-CONCUSSION TESTING / continued from page 1

and coaches in making the difficult, nuanced decision of when the injured athlete can return to the ski hill.

“The ImPACT testing program removes any guesswork out of deciding when an athlete can safely return to training,” said MMWA Director Lori Furrer. “It also takes the pressure off of the coaching staff in deciding when an athlete can come back.”

The test itself is administered online and measures multiple aspects of cognitive functioning in athletes, including attention span, memory, processing speed, and reaction time. It functions to provide a more uniform and quantifiable assessment from the time of injury to full return to competition.

MMWA parent Lisa Carpenter, whose son Reed recently took time off J2 training due to a concussion in January, found that the ImPACT testing has been helpful because it “tracks his progress so we know where he’s at compared to his baseline.”

“Parents and coaches have been both supportive and appreciative of the ImPACT program and the policy the club has adopted,” said Furrer. “There have been five athletes who have sustained a variety of levels of concussions and the testing worked perfect in getting them back on the hill safely.”

Dr. Jeanmarie Prunty, a neurologist with the Community Health Services of Lamoille Valley and Copley Hospital, works with Furrer on each case and analyzes the ImPACT reports for injured MMWA/MMSC athletes. A proponent of ImPACT testing for all high school athletes, Prunty praises its technological convenience and is excited to see it being used in the local community.

“It’s extremely important in the high school age group to make sure we are on top of this,” explained Prunty. The testing works to make sure that the recovery process is painstakingly precise, and aims to reduce the chance of Second-Impact Syndrome (SIS) or any chronic long-term brain damage. SIS is a serious and often fatal medical condition when the

brain swells rapidly after a person suffers a second concussion before symptoms from an earlier one

quire proper attention and documentation,” emphasized Prunty. She looks at each ImPACT test re-



MMSC J3s CAROLINE ARMBRUSTER AND SANDRA SCHOEPKE STAY OUT OF TROUBLE WITH SAFE HELMETS AND HAPPY SMILES. PHOTO BY RB KLINENBERG

“THE IMPACT TESTING PROGRAM REMOVES ANY GUESSWORK OUT OF DECIDING WHEN AN ATHLETE CAN SAFELY RETURN TO TRAINING,” SAID MMWA DIRECTOR LORI FURRER. “IT ALSO TAKES THE PRESSURE OFF OF THE COACHING STAFF IN DECIDING WHEN AN ATHLETE CAN COME BACK.”

have subsided. Young athletes are most at risk, and SIS can happen from mild concussions.

“Even small hits to the head re-

sult to see if there are any unusual scores, and then recommends a treatment plan that will safely allow the student to transition back

to activity. If the athlete experiences post-concussion symptoms during any phase of recovery, he/she will drop back to the previous level and remain sidelined.

“Now that we have the information from the ImPACT test and the neurologist, we understand that we can’t rush back into anything,” said Carpenter.

Initially, all MMWA athletes took the test when they first started classes to determine their normative, baseline data. Then, if a student-athlete suffers a possible concussion while training or competing, the following protocol and practices will ensue:

- The athlete will be removed immediately from activity and referred for professional medical evaluation.
- ImPACT test will be given within 42-78 hours after injury.
- A second post-injury test will be given one week prior to returning to training to determine if the athlete is asymptomatic or not.
- A clinical report from the ImPACT test will be sent to either the attending physician or a neurologist for final clearance.

• Athlete will progress back to full activity only after he/she is asymptomatic at rest and with exertion; within the normal range of baseline on the post-concussion ImPACT test; and have written clearance from a primary care physician or specialist.

No athlete will be allowed to train or compete with MMSC until cleared by Prunty or individual attending physicians. Any athlete who denies having symptoms yet has an abnormal ImPACT testing score will be held from activity.

The recovery progression is individualized and may take longer than expected for the athlete to return to the hill. While it may be frustrating for skiers and snowboarders looking to return to competition as fast as possible, it is for the best and ultimately reduces the risk of SIS and other injuries.

“I think the ImPACT test has been great at MMWA,” said Carpenter. “It’s definitely reassuring.”

PG SPOTLIGHT: RYAN COCHRAN-SIEGLE



MMWA/MMSC GRADUATE AND CURRENT U.S. ALPINE DEVELOPMENT TEAM MEMBER RYAN COCHRAN-SIEGLE.



COCHRAN-SIEGLE RACING AT THE PANORAMA, B.C. NOR-AM SUPER-G ON DECEMBER 14, 2010.

It would suffice to say that Ryan Cochran-Siegle has skiing in his genes. His mother, Barbara Ann Cochran, was an Olympic gold medalist and World Cup alpine ski racer; his aunts Marilyn Cochran and Lindy Cochran Kelly were Olympians as well; and three cousins are current members of the U.S. Ski Team. To be a member of the famous “Skiing Cochrans” doesn’t come without expectations and Cochran-Siegle certainly doesn’t come up short.

Cochran-Siegle, 18, grew up in Starksboro, Vt. His mom taught him to ski when he was two years old and at the age of five, he competed in his first race. Ryan spent his childhood ripping around Co-

chran’s and developing his love for skiing and ski racing.

Beginning in 2007, 16-year-old Cochran-Siegle began skiing with MMSC and attending MMWA fulltime. He graduated from MMWA in 2010 and was shortly named to the U.S. Development team for the 2011 season.

Cochran-Siegle attributes much of his success so far to MMSC and MMWA. “MMWA really helped support me with my school work and busy racing schedule,” said Cochran-Siegle. “The teachers were easy to work with and allowed me to be flexible as to how I completed my schoolwork.”

He has proved to be one of the top juniors in the U.S. so far this

season. With top five finishes in Nor-Ams and some top 20 finishes in Nor-Ams filled with a European National Team field, Cochran-Siegle is hoping to make the World Junior Team and currently training and competing in Europe. He’s had five starts in Europe so far, including a few Europa Cups and two FIS races, and is enjoying the many experiences of ski racing abroad.

“The Val St. Come race hill was a perfect blend of terrain, difficulty, and weather, which made it a really cool slalom course,” commented Cochran-Siegle. “For free skiing, Paganella [in Andalo, Italy where he is based] and Maribel, France are massive and offer unreal panoramic views un-

like anything in the East Coast.”

While Cochran-Siegle deferred admission to University of Vermont, he will continue to train with the development team and is looking into taking classes at Westminster College in Salt Lake City once the ski season is over.

“I’m pretty focused on my skiing right now,” admitted Cochran-Siegle. “So I haven’t given [the UVM deferral] a whole lot of thought yet.”

Cochran-Siegle’s other interests include baseball, soccer and basketball. “Basically, I like to play all types of sports and games,” he said.

MMSC and MMWA wish Ryan best of luck in his budding career. ㄟ

“HE HAS PROVED TO BE ONE OF THE TOP JUNIORS IN THE U.S. SO FAR THIS SEASON. WITH TOP FIVE FINISHES IN NOR-AMS AND SOME TOP 20 FINISHES IN NOR-AMS FILLED WITH A EUROPEAN NATIONAL TEAM FIELD, COCHRAN-SIEGLE IS HOPING TO MAKE THE WORLD JUNIOR TEAM AND CURRENTLY TRAINING AND COMPETING IN EUROPE.”



Cat Mullin has been racing with MMSC since the age of seven and has never raced anywhere else. She advises novice ski racers to never give up on something that makes you happy. She also loves the homey atmosphere at MMWA, and states that the Academy has been like a second family to her.



Chris Keating has been racing with MMSC for three years and appreciates the tight-knit community at MMWA. He likes how easy it is for new students to assimilate into the MMWA group. One of his favorite memories from MMSC is going Kegelbahn bowling in Zermatt, Switzerland. That was Chris' first trip with MMWA/MMSC and it allowed him to get to know everyone. Chris advises aspiring ski racers to learn to accept failure and be resilient—ski racing builds character and offers amazing rewards.

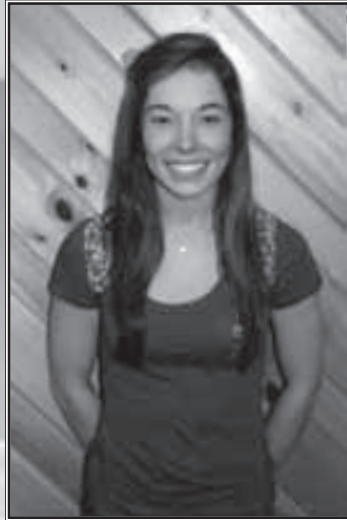


Colin Kamphuis came to Stowe two years ago after racing with the Ford Sayre Ski Club at the Dartmouth Skiway for seven years. As a relative newcomer to MMWA, he found the general atmosphere very welcoming and relaxed. He appreciates the tutors and the food, as well as MMWA's low-stress setting where one can fulfill goals on and off the hill during the busy winter months. He adds that the ping-pong table is quite fun too and his fondest memory is of the MMWA 2010 Summer Olympics.

MMWA SENIOR PROFILES



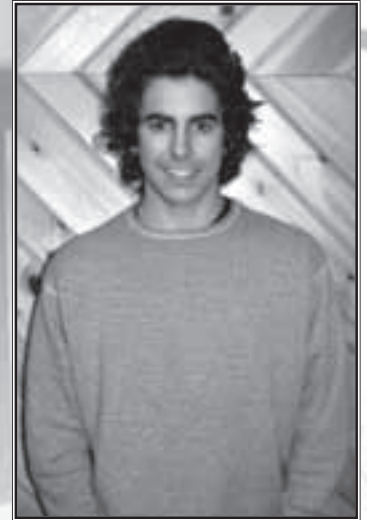
Jimmy Mallon started racing with MMSC when he was in the fourth grade. He maintains that ski racing is not about the results; rather it's about pushing yourself to do your personal best. It's about growing as a person. The thing that Jimmy likes the most about MMWA is the community. All of his closest friends attend MMWA and some of his fondest memories include the MMWA Olympics, lunchtime football, epic snowball fights, and other shenanigans.



Jordan Leach started racing with MMSC at the age of six and has been with the Club for 12 years. She would tell aspiring racers that since your ski-racing career goes by so quickly, enjoy every moment. It seems like just the other day when she was going up the Quad at 8 a.m. with Lori, Matt, and all her J5 friends. She fondly remembers woods skiing as a J5, eating sugar on snow at the Sugar Slalom races, ski trips to Nakiska and Vail, and, of course, Sue's cooking.



Luke Miller began as a J6 with MMSC and has been with the Club every since. According to Luke, all new ski racers should stick with it because even if you're not the best, it is still a great time. For example, Luke recalls the J3 football games held at the Club every weekend that were always a ton of fun. He also likes the close community at MMWA, particularly since his best friends are all at the Academy.



Nate Deffavio joined MMSC and MMWA this year after racing at Loon Mountain and with GMVS. His advice to young racers: go for it. So far this year, Nate has met some cool new friends at the Academy and really likes the food. He comments that the coaches are also very nice, and the couches at MMWA are really comfortable.

MMWA 2010-11

MMWA 12TH GRADE 2010/2011

(L-R) COLIN KAMPHUIS, LUKE MILLER,
CAT MULLIN, JIMMY MALLON, JORDAN LEACH,
CHRIS KEATING, NATE DEFLAVIO



MMWA 11TH GRADE 2010/2011

FRONT ROW (L-R): COLLEEN CATALDO, LUCAS ANGIER, HALEY ARMBRUSTER,
TUCKER ANGIER, SAM HAYES • BACK ROW (L-R): GAGE HARDY, ISSY JAMES,
FRAN MACURNO, CORY CEROSKY, ANDREW OVERTON



MMWA 10TH GRADE 2010/2011

FRONT ROW (L-R): SAM DYAR, DENALI BALSER, COURTNEY HAYDEN, RYAN
SUSSLIN, LINLEY SHAW • BACK ROW (L-R): SLOANE ROSS, KELSEY CHENOWETH,
BEN GREENSPAN, MOLLY DANZIG, ALITA ROGERS, SOPHIE LEITER, RYAN COLLOPY,
ALEX BLEDA, SEAN REILLY (MISSING TYLER DUNCAN)



MMWA 9TH GRADE 2010/2011

(L-R) REED CARPENTER, WES BROWN, SARAH REILLY, CALVIN DIXON,
ELLIS GRUBMAN



MMWA 8TH GRADE 2010/2011

(L-R) TRAVIS FORD, DYLAN WARD, KURT WEIDMAN, DASH KIM, GRANT GUTSTEIN,
MATT SUSSMAN, COLBY JORDAN, CONNOR ANTHONY, ALEX VAN RAALTE



MMSC FREESTYLE UPDATE

Recently the Mount Mansfield Ski Club Freestyle skiers competed in the Winter Gatorade Free Flow Tour series. There were two events on the East Coast—one at Okemo and the other at Killington—and an additional eight events nationwide featuring snowboarding (slopestyle

and superpipe) and freeski (slopestyle and superpipe) competitions. The winner of each event gets an all expense-paid trip to Ogden, Utah for the Gatorade Free Flow Tour Finals. At the finals, the two overall snowboard superpipe and slopestyle champions and the overall freeski superpipe and slopestyle champions will earn spots to compete against

the pros at the first stop of the 2011-12 Winter Dew Tour.

At the first Free Flow event we participated in, MMSC athlete and MMWA student Tyler Duncan swept the competition and took first place in the freeski slopestyle event. He earned himself a trip to Utah. At the second event in Killington, MMSC rider Will Hibbs also swept

the competition in the freeski slopestyle event and won himself a trip as well. On February 10, 2011 these two MMSC athletes and coach Ben Grunow flew to the Winter Dew Tour finals at Snowbasin, Utah to compete for a spot in the Dew Tour next winter. Tyler finished third in the freeski slopestyle finals, and Will placed fifth. ㄨ



MMWA SOPHOMORE / MMSC FREESTYLE ATHLETE TYLER DUNCAN DOING A KANGAROO FLIP AT THE WINTER DEW TOUR FINALS. PHOTO BY BEN GRUNOW.



MMWA EIGHTH GRADER / MMSC FREESTYLE ATHLETE DYLAN WARD PRACTICING A CORK 720 TAIL GRAB. PHOTO BY BEN GRUNOW.

SCHOOLED / continued from page 3

brought five textbooks and would stumble into study hall with books piled up to her chin.

Throughout the week, I met with each student individually to ensure that he/she 1) had a plan for completing his/her work; 2) communicated with MMWA teachers about any questions or confusion; and 3) most importantly that the work was actually completed. Most students' plan of action was to complete

all the work for one particular subject and then move on. This worked quite well for them, especially for students from the same school who were taking the same course.

In the tradition of MMWA adventures, there were of course some funny mishaps. Students were allowed to listen to music during study hall and one student had forgotten that his music was playing on

his computer and unplugged his headphones, thereby blasting hip-hop music into the otherwise silent room. Everyone burst out laughing, including myself. Another time a student was trying diligently to roll up her art project quietly, but the paper just wouldn't cooperate, causing quite a ruckus. She finally gave up and rolled it up as quickly as possible with caused smirks across the room.

By the end of the week, students were thankful for the study halls after they realized they wouldn't have completed their work without the structured time built into their hectic schedules. They even asked me to hold an extra study session! All and all, the study sessions were a huge success and students returned to the Academy right on track, jumping straight back into their busy winter schedules. ㄨ



SNOWBOARD SPOTLIGHT: KURT WEIDMAN

My name is Kurt Weidman. I am fourteen years old and love to snowboard. I'm a native Vermonter from Charlotte, Vermont where I attend 8th grade at Charlotte Central School. I have an older sister Kelsey, who is a UVM electrical engineering major; a dog Sasha; and three cats at home. Since mid-November, I have been at the Mt. Mansfield Winter Academy and love living here. The academics are great especially because of the one-on-one tutoring. I'm able to learn so much more.

My mom and dad didn't let me snowboard until I was seven. Before that, I was a skier since four years old and started skiing at Cochran's. I used to snowboard maybe ten times a year until this year. Now, I get to go everyday but Mondays. Since I haven't snowboarded much in the past, this is the first year I have competed. I've had to learn slalom, GS, boardercross, and half-pipe and am glad that I have tried them all. What I'd like to get from snowboarding is to be a good rider and maybe if I'm lucky, to be able to compete in high school and college. ㄟ



KURT WEIDMAN PRACTICING A BACK FLIP.

SPOILED / continued from page 3

hill was in perfect shape. The trail has a number of lanes with a variety of terrain, giving coaches the opportunity to choose the proper terrain for their particular focus for the day's training.

We also were lucky enough to stay trailside at the Manor Vail Lodge. From the hotel, the three-minute walk to the bottom of the training hill made daily transportation a non-factor. Unfortunately, we lost one of our own to injury when Lorant [Gudasz] went

down and broke his leg. He is an extremely hardworking coach and we will be looking forward to the day he is able to return to MMSC.

Lastly, for the Ski Club at whole, ski racing was brought to life when we attended the Beaver Creek World Cup Men's GS. Being able to see the buzz and fanfare over ski racing is something that is hard to put into words. Athletes spend hours upon hours working both on and off snow and to be able to see the highest level of ski racing

could not be anymore inspiring. Every young skier has Olympic and World Cup dreams and many coaches were once those young athletes with the same dreams. To see the excitement around all of the World Cup athletes, to hear the roar of the crowd when Ted Ligety won, is something you can't put a price on. Athletes were able to see what their dreams might look like when they become reality.

We were all so fortunate to have traveled to Vail for the camp. With

the variety of skiable terrain and the ideal training facility, MMSC athletes and coaches alike were spoiled! Hopefully MMSC has found its fall camp training venue for years to come, as we could not have asked for anything more. Not only were the athletes able to start the season with ideal conditions, they were able to see skiing at the highest level, inspiring them to work hard everyday to accomplish their season goals, as well as their dream goals. ㄟ

A GENUINE COACH: MMSC'S LORANT GUDASZ

Lorant Gudasz isn't any old ski coach.

Gudasz, who has worked with MMSC and MMWA since 2005 and is now the head J2 coach, is well known for his active role advising ski racers via Dartfish video analysis techniques in addition to his work as the strength and conditioning coach. He is, without a doubt, committed to teaching and mentorship at MMSC and MMWA and carries a uniquely humanistic perspective on the instruction of ski racing.

Born in a small Romanian town located in Northern Transylvania alongside the Carpathian Mountains, Gudasz started skiing with his father at a local Cochran's-style ski slope close to their home. During the first grade, he was selected to be part of the local ski-racing club that led to the start of a long and exciting ski-racing journey.

After studying at the National Academy of Physical Education and Sports in Bucharest, where he majored in Alpine Skiing Coaching and Physical Education, Gudasz moved to the United States in 2000 and his wife Nicoleta came soon

after to study Acupuncture.

They discovered Stowe in 2003 while on a ski pilgrimage of sorts. "We were skiing on the east coast from ski resort to ski resort in search of a bigger mountain," said Gudasz. "I had raced in 1994 in Lake Placid in the World Junior Championships and had some idea of how big the mountains are here."

While they were skiing in Stowe, many local people spoke highly of Mt. Mansfield Ski Club's racing program and the coaching staff. According to Gudasz, "There was a great sense of ski racing community and we liked the town, the hill and the slopes." They decided to move to Stowe and Gudasz began coaching at MMSC in November of 2005 as a J3 Coach, and then moved up to the J2 program.

In looking back on his coaching career, Gudasz reflected that "time flies when you are having fun." Over the last five years that he has been with MMSC and MMWA, he has watched the Club and Academy continue to improve, make positive changes and develop their great ski-racing programs. "It is a great community and I feel very

lucky to be part of it," said Gudasz.

In Gudasz's philosophy, a racing coach's role is to help create a strong and healthy ski racer while fostering a passion and love of the sport on a personal level.

"As a coach, I believe that you are always in search of understanding that each individual is unique," explained Gudasz. "Therefore individual racers may develop differently or at a different pace or age."

MMSC J1 and MMWA senior Chris Keating stated that one of his fondest memories of the MMWA/MMSC experience was having Gudasz as a coach. "He has been a very supportive friend as well as an amazing coach," said Keating.

"You don't just see him on the hill," said MMSC J2 and MMWA freshman Ellis Grubman. "He always tries to organize dryland training with groups of kids and makes it enjoyable and worthwhile."

"It is a great feeling to share your ideas, to inspire and be part of someone's personal improvement and success," said Gudasz.

Unfortunately, Gudasz's coaching season was cut short this year due to a broken leg and serious

knee injury during MMSC's November ski trip to Vail, Colorado. Yet Gudasz maintains a positive mentality while rehabilitating his injuries and doing his best to stay in the loop at MMSC.

Presently, Gudasz is not able to spend time up at MMSC where all the action is, but every week the MMSC coaching staff discusses race logistics and schedules for the J2 boys. Gudasz continues to analyze the Dartfish video clips for individual athletes and publishes them online with the SkiClubZ platform.

"I am very appreciative of the solidarity and the support that came from the MMSC coaching staff, MMWA, the MMSC Board of Directors and the athletes and parents who are calling everyday," said Gudasz. "In the near future, I will be able to spend time up at MMSC and help with the physical preparation and interact with the athletes on a more consistent basis."

Gudasz plans to be on skis again this year and make his return to the ski hill in the MMSC coach's jacket.

"Hopefully it will be this summer in Portillo, Chile," said Gudasz. "Anywhere I can ski again will be great." 支

J2 COACH LORANT GUDASZ (CENTER) WITH MMWA STUDENTS ELLIS GRUBMAN (L) AND TUCKER ANGIER (R) IN PORTILLO, CHILE, LAST SUMMER.





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403 Spruce Peak, Stowe, VT 05672
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THE ALUMNI DUALS
SATURDAY, MARCH 19TH, 2011



WHAT: GS Duals Alpine & Snowboard
WHEN: Saturday, March 19 *Registration 8 a.m. – noon at MMSC*
Race Start: 1 p.m. * 2 Runs GS
WHERE: Slalom Hill, Spruce Peak
WHO: 4-Person Teams (must have a female racer on each team)
ENTRY FEES: Team entry \$180/individ. \$45 (+ \$20 lift ticket fee)
For those 23 years or younger, team entry \$160/individ. \$40 (+\$20 lift ticket fee)
For those 10 years or younger, individ. \$25 (+ \$20 lift ticket fee)
*Entry fee includes barbecue!

APRÈS-SKI PARTY AND LIVE AUCTION AT MMSC 4 - 6 P.M.

FOR MORE INFORMATION, SEE WWW.MMWA.ORG OR CONTACT
SHELLY MARTIN AT MMWA 802.253.7409 x 105
EMAIL: SMARTIN@MMWA.ORG