So why Ski Race? What does it do for me?

There are a thousand of reasons like these and you each have your own versions. I sometimes wonder if we do enough to tell our athletes about things like this. I feel as though many of these items should be a part of our curriculum. Not just the message to score or to win, or make the flip, but to enjoy the process of getting better. The process and satisfaction of making the plan and doing the work that brings improvement. And recognizing that improvement.

1. It’s learning how to be a ripping skier, with solid technique and a base of skills that means a lifetime of fun on any slope in all conditions.
2. It’s totally a thrilling thing to do, to train and race and feel the joy of arcing turns in conditions that are tough and challenging.
3. It’s knowing that improvement is a form of winning! It is recognizing and understanding where you start, how you improve and how meaningful that truly is.
4. It is learning to enjoy and love the process of learning how to improve. It is the satisfaction that you are acquiring skills that can carry you anywhere onward and upward.
5. It is knowing the process is not always a steady climb, nor is life, but you’re equipping yourself to be an “*Indiana Jones*”, a master over impending challenges.
6. It’s lifelong friends that you share adventures, laughs and secrets with, and it is the thrills and the spills that you have shared together and continue to share, maybe for a lifetime...
7. It’s seeing your “bestie”, down and in need of support and just being there for him or her, or the reverse…
8. It’s Pow’ days with no training and nothing but face shots.
9. It’s trips to ski areas that not everyone gets to ski on.
10. It’s “Aha” moments over things your coach has been telling you for two years and all of a sudden you say to yourself: “Ohhh! I get it!!

I would like to challenge anyone reading this to consider why ski racing is such a unique family sport experience and how it has impacted you and/or your family for a lifetime?

Please feel free to add to this list and return it…

THANKS ! [roy.loman@fvsef.org](mailto:roy.loman@fvsef.org) (let me know if you are making an anonymous statement, or if you would like to be noted…)