

2018 Junior Development Report

The Junior Development training week was held in the 2nd week of the school holidays and was a huge success. We had 12 kids involved in the downhill, snowboard and cross country ski training:

- Jasmine Barnes – 15
- Caleb Barnes – 13
- Olivia Cox – 15
- Dylan Cox – 12
- Tom Walker – 13
- Ben Walker – 11
- Maddison Markey – 14
- Jack Markey – 12
- Maggie Olesen – 11
- Max Riolo – 14
- Lily Riolo – 12
- Charlotte Riolo – 11

The kids have written the following report about their account of the week. I would like to thank Friedl Bartsch, Bruce Norton and Drew Powell for helping in the development of the kids. I would particularly like to thank the kids who all faced a tough and demanding program yet showed resilience and determination to improve. Thanks for writing my report.

Heath Barnes

16 July 2018

Monday morning started off bright and early for most. All of us were on the slopes by 11am getting the cobwebs off for those who hadn't hit the slopes yet for the season. The visibility posed many challenges with snowy and overcast conditions. We started the day at blue cow doing a few laps on the Ridge Chair before heading to the terminal for lunch. After lunch we headed over to Mt Perisher to carve up the mountain, with lots of tracks and funny stacks we finished with a brisk ski along the road from Eyre to the warm, cozy Maranatha Lodge. We crashed early to prepare ourselves for the big week ahead full of learning and a bit of fun.



17 July 2018

Tuesday morning started early again with a lovely hot breakfast cooked by Clarky to prepare us for the huge day ahead. We left early to be ready for first tracks on Front Valley before our 9am lesson. We met up with our instructors Kat and Greg, all of us skied together to decide what groups we would be in based on what we need to work on. Due to conditions most chairs were closed, although we did not let this faze us and both groups focusing on drills throughout Centre Valley working on weight distribution on inside and outside skies. Through all the tedious drills we still managed to hit some jumps and have a blast.

After the morning lesson we skied over to Mt Perisher with Heath to show off our new skills. After a great lunch made by our awesome parents and a large spill of green cordial we confidently got ready for cross country skiing. However, on the way down to the Nordic Shelter our confidence was quickly demolished in a line-up of prize worthy stacks. As we arrived Friedl was there to greet us, with a huge amount of patience and a smile. We started working on the basic skills with most of us finding our cross country legs and revisiting last year's skills.



Thanks to Clarky we had a fantastic dinner before gearing up again to go night boarding. We all went out keen for an awesome boarding session but were greeted by horrendous snow and wind which in the end cut our session short. We still had fun despite conditions and swaying chair rides we renewed our skills from previous years as a team. We would also like to thank the weather for our soaked clothes.

18 July 2018

Wednesday morning started great with another spectacular meal to fuel us with energy for the day. As we prepared to leave the lodge we discovered our ski clothes were still slightly damp from the night before and as per Junior Development tradition we headed out early for a few runs before our lessons. When we met up with our instructors, both groups went straight to Blue Cow to hit the race course on Upper Roller Coaster. Lucky for us this is where our races are held! Yet again we braved the weather in

true Maranatha style, bracing us for any conditions on race day. At this point, both groups split up to work on different skills. Greg's group went over to Interceptor to work on skiing in powder and short turns, whereas Kat's group went to the Early Starter Chair with one ski on to practice our weight distribution which included leaning forwards, ski position and how to use our core to control our skis. As per usual using our old faithful road from Eyre we returned to the lodge to be greeted by yet another amazing lunch.



Today for cross country we were kindly joined by Bruce who further helped us develop our skills. Friedl was there again to help us but also push us further than what we thought was achievable. We would again like to thank the considerate weather for the magnificent wind that almost blew us to Smigs. We surprisingly made it all the way back to the lodge against cyclone Heath winds and we all looked forward to a well-earned shower in the superb new bathrooms. We finished off the third day with a meal prepared by our favourite chef.



19 July 2018

Thursday morning was another early start with a beautiful sunrise only to be decimated by more howling winds meaning most chairs were closed again. We skied down for our third lesson of the week commencing at 9am again. Both groups headed over to Smiggins looking to work our carve turns out of the wind at the duplex T-Bar, but our aspirations were shattered like the large ice sheets beneath our skis. After one or two runs both groups quickly returned to Centre Valley to work our short turn techniques. Leichhardt T-Bar was a fan favourite with a nice coating of snow and a variety of terrain. We finished our lesson at the top of Leichhardt and said our goodbyes to our instructors until Saturday. Sun Valley was fantastic with fairly short lift lines allowing for three fun but challenging laps. As we ended our time at Sun Valley we went to International and Eyre and considering the conditions and the lack of energy we all had left, meant a few of us decided to eat the snow in a number of marvelous stacks and some injuries occurring.

After lunch we all psyched ourselves up to go back out in the wind for cross country. Today instead of the harsh environment down at the Nordic shelter we hit the main road to work on single dance, double dance and our transitioning between techniques. We also worked on changing directions while skating in order to avoid people after Friedl told us about a time he raced with over twenty thousand people. After Friedl told us we were done we all stayed out a little bit longer in order to cement our newly learnt skills and work on our fitness. Once we were all back we relaxed to prepare ourselves for the big day of snowboarding ahead.



20 July 2018

Friday morning we were gladly greeted by about 20cm of fresh powder to soften the landings from the day of snowboarding ahead. We were all very excited to snowboard as we all find it enjoyable as we are still learning new things. We were all ecstatic as we left the lodge to play in the new snow we were blessed with overnight. Once on the mountain we met the instructors at 9am. We had James and Nathan as well as Drew Powell who came up to help as well. Drew took the top group and they headed straight over to Blue Cow where they worked on not turning their upper body whilst having a blast finding pockets of powder. James took the lowest group to help them work on their confidence starting on Front Valley and progressing to the quad. Nathan had the second highest group and they headed over to Centre Valley looking for powder and jumps. There were many stacks from this group including an outstanding one performed by Max who went off a jump with speed and did not see the ditch ahead and dived head first into the snow.



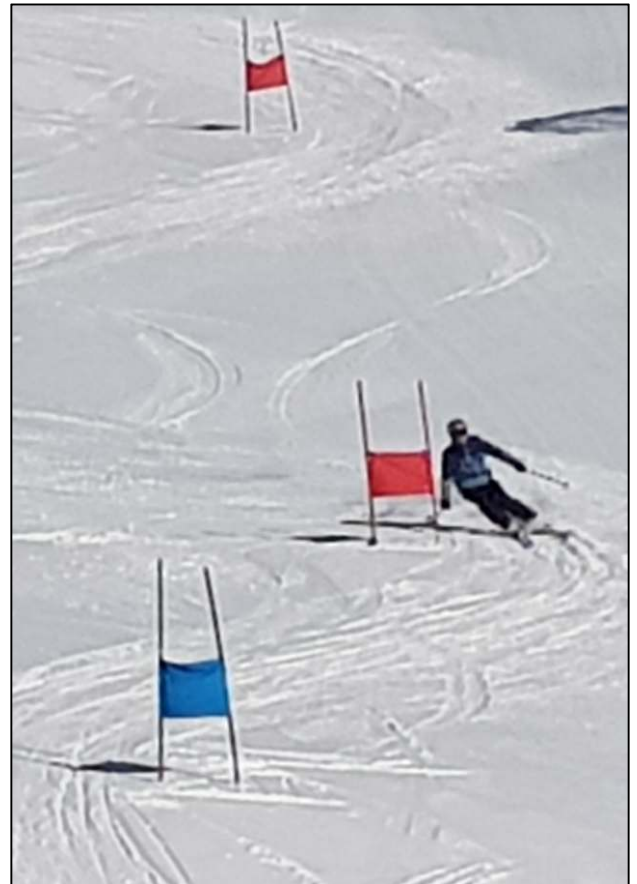
We all headed to The Pub for lunch as a group where many tables were stolen in order to accommodate for our 25 people, before heading back out for the last half of the lessons. After lunch, Drew's group headed to Mt Perisher where the visibility was appalling. Jack and Thomas decided the poles on the T-Bar track looked friendly and decided to take a very close look which resulted in a taste of the snow. James' group headed over to Smiggins where they tackled the Pomma for the first time. Nathan's group went over to Blue Cow where they went to the Ridge Chair and went to outer limits through the trees where so many great stacks occurred like Max getting coat hangered by a tree, doing a wheely into a tree and flipping multiple times down a hill. Ben also landed on his back after hitting a tree off a jump. Caleb face planted right in front of the instructor whilst trying to spray him, he also thought whilst traversing to the Early Starter that he had found a short-cut only to be greeted by an unseen fence and Jaz whilst trying to get speed for a traverse back to the Early Starter Chair at the point where she had the most speed stacked and had to walk the rest of the way. After the lessons with our amazing instructors who we all loved we stayed out for a few extra runs despite more blizzard conditions.



The day ended with the well renowned annual Stairwell Cup where Max was trying to redeem himself after losing to Jaz on junior training weekend. We started off strong going youngest to oldest with a few half second time penalties given out for missing too many stairs. We got to the presentation after a bit of controversy with the timing and penalties. The presentation was held and the overall winner announced with Max thinking he won and celebrating loudly, whilst everyone else had listened and realised that he had come second again to Jaz even though she had a half second penalty added. The Stairwell Cup was a great finish to a fantastic day.

21 July 2018

Saturday morning was another lovely morning where we were greeted by sunshine. We were all excited for our last day of skiing and an afternoon where we could finally do biathlon because of the weather. We all left the lodge overwhelmed by the sun as it was the first time we had seen it all week. After meeting up with the instructors we headed over to the race course on Upper Roller Coaster where we ran through it about 6 times. Both groups skied together so we had double the feedback coming down the course. One of the gates had a huge rut that claimed many victims. The stacks of the day had to go to Max who only completed the race course 4 of the 6 times. Along with Max, there were many more stacks and muck ups caused by the same rut. After we had hit the race course enough times both groups stayed together and we headed down Roller Coaster to the Ridge Chair and over to Kamikaze where the snow was fabulous – it was so good we had to do it twice. It pushed a few people out of their comfort zones – especially Charlotte who was very scared on the first run and needed Heath to help her get down slowly. Although the second run was a different story with Heath skiing behind ready to help her down again and he got to the top of Kamikaze looking for her and she was already half way down at the front of the group – let's just say he was shocked. After hitting Kamikaze, unfortunately we had to say bye to Blue Cow and head back to Front Valley.



We all headed over to Mt Perisher again with Heath to show him our skills we all skied hard in the nice fresh powder from the day before. We headed over to Eyre where the bowl was fierce. We all waited at the top with sights of the bowl and watched multiple snowboarders stack. We were all a little bit

cautious on the first run but still got some mad air time but most of us stayed on our feet. The second run we all went a little bit faster to get more air time as we knew what the conditions were, most of us got a lot of air time but Max in particular took flight launching himself over a metre into the sky before landing on his feet and then stacking. We all hit the road after that to go back to the lodge.

After lunch we all headed back out with our cross country skis on and skated down to the Nordic Shelter and headed straight along the track to the shooting range eager to test our shooting skills after a year. We started off with just some target practice trying to get our shooting eyes back intact after so long. A few people had never shot the laser rifles before so the older kids helped them out giving them pointers. We had a practice race which was split by boys and girls involving three ski laps and two shooting sessions, although for this race there were no penalties for missed targets. Friedl gave us two options for tracks with a harder option and an easier option. Only the bravest of us tackled the harder track – some of us more times than others.



Then we got ready for the real deal which involved penalty loops for each of the targets we missed. This race was a tough one with reputations on the line. The girls went first, this race was five ski laps with four shooting sessions, we all took off quickly, with Jaz taking an early lead and Lily hot on her heels. We had to ski two larger laps and three shorter laps, most of us shot over 15/20 and did not have to do many penalty laps. This race was far more challenging than the first race and claimed a few victims. As the girls finished Jaz bought home the win with Lily as the runner up. Shortly after we finished the boys

took off. It was a very quick start with all of them very close together, but as the race went on the field spread with Jack at the front of the group which surprised a lot of us, not far behind him was Caleb and Max in third. The race finished with those placings, the underdog Jack winning and runner-up Caleb. After the grueling race a few people headed off whilst some of us stayed to do a little bit more shooting. Then we all headed back.



We were all exhausted and ready to just relax right then and there, but we were not done for the day yet. After a very good dinner and dessert for energy, thanks Clarky, we were off again with our snowboards this time, ready for night boarding! We were all excited as we improved our snowboarding yesterday and were ready to show off our skills! As well as finally having nice weather! We all had a lot of fun just lapping Front Valley for two hours. We all walked back up to the lodge and we all hit the pillow and let's just say it did not take much rocking to get to sleep!



22 July 2018

We woke up to another lovely sunny day today for our last day of Junior Development. Today we snowboarded for half the day before we all had to head home much to our disgust. We met up with our instructors and we separated into our three groups. Nathan's group headed to Centre Valley where they lapped happy valley and the Leichhardt T-Bar a few times, and maybe even squeezed in time for a run through the Leichhardt terrain park. By the end of we were calling ourselves experienced riders after conquering the Leichhardt T-Bar. On the other hand, Drew took his group over to Blue Cow with a roll of masking tape. He made them snowboard with their front hand taped to their leg, let's just say it was an interesting technique and we all had a good laugh about it. Whilst James's group stayed around Centre Valley and the Quad Chair even shredding up the boarder cross course a couple of times There were a few good stacks involving face-in-snow but the day was good fun. We all concluded the week and packed up and said our goodbyes. We all had a great week and would like to say

a big thanks to the parents for taking us down, Friedl and Bruce for helping us with our cross country technique, our instructors, all the mums who made us toasted sandwiches daily for lunch and in particular Clarky for giving us beautiful multiple course meals every day. And a huge thanks to Heath for organising everything and making it all possible.

Written by Maddison Markey, Max Riolo, Olivia Cox and Jasmine Barnes.

