

- **Physical Assessment Testing for MMST members.**

This assessment is aimed at J1- 3 Alpine and Free Ride athletes (YOB 1997 and older), mandatory if you intend on participating in any Alpine Western Region Project during the next year. The testing will be available to J4 - 5 athletes who are interested. The assessment is designed to help the tracking of our older athletes who have been training specifically over the summer. We can gauge where they are in preparation for the competition season. The weekend will be comprised of testing both Saturday and Sunday; looking at body composition, aerobic and anaerobic capacity, flexibility, explosiveness and core strength.

The tentative schedule will be:

J1-2-3 and Freeride athletes: 830 at SnowCreek Athletic Club.

J 4-5 and Snowboard athletes: 930 at SnowCreek Athletic Club.

We will be running the assessment at Snowcreek Athletic Club - everyone will need to sign in each day. If you are not a member there will be a daily fee and a parent will need to sign a release (when you RSVP we will email the liability to you).

Please wear appropriate athletic clothing - running shoes, shorts, t-shirt, etc. Bring something warm to wear after the test, and please make sure you have a water bottle.

If you have any questions contact Ali Bombardier-J1-2 Coach  
Mammoth Mtn Ski Team, email: [abombardier@mammoth-mtn.com](mailto:abombardier@mammoth-mtn.com)  
Ph (760) 934 2571 x 3434

- **Equipment weekend - October 23rd and 24<sup>th</sup>**

Many of the local Mammoth ski shops offer great support to our Junior Team athletes.

Command Performance  
Footloose Sports  
Kittredge Sports  
Mammoth Mountain Main Lodge Shop  
Surefoot 2

- **Pancake Breakfast- October 24<sup>th</sup>**

Mammoth Ski Education Foundation and Snowcreek will be offering a Free Pancake Breakfast to members, \$10 for non-members. Membership forms will be available at Snowcreek - will be served 930-1100 on Sunday, which will not only give athletes some incentive to push themselves through that last assessment, but give parents a chance to catch up. We look forward to seeing you there.

I've also included the MMST October newsletter and tentative MMST Group Schedule for posting as well.