



# MIT Alpine Skiing

Conquering the slopes since the 1950s



## News from the Hill

### Captains' Corner

Dear MIT Skiing Community,

To quote Captain Jillian, "the end of the semester's been super hectic" and the team is finishing up a structured two months of pre-season training. All their training was put into use on Saturday, Dec. 4th at the team's pre-season On Snow Day at Waterville Valley. The morning was spent on drills to re-familiarize the team with having skis on their feet again, as well as teaching the fundamentals of the race turn to the new racers. After lunch, the team took laps on High Country to work on individual aspects of their turns. With the exhilaration of the day fresh on their minds, the team looks forward to January and the 2011 race season! They also look forward to being joined by returning Coach Ben Stewart, who will be traveling from Seattle to assist the team for the month.

Look for racer profiles and news about this year's Alumni Weekend, coming soon!

Sincerely,  
Ian Wolfe (Outgoing Captain, Volunteer Coach)

### Team Meeting

The season is coming, the season is coming! A handful of new faces have joined our veteran racers in daily dryland practices led by alumni coach Ian Wolfe.

#### Training overview:

The training regimen was split into basic categories: aerobic, anaerobic, strength, power, and core. While every aspect of training combined all of these in some way, different portions focused on different categories. The driving goal of the workout plan was to make every exercise and routine directly relevant to skiing, both to better train muscles and to keep the athletes' motivation strong. We began the first three weeks of preseason with a focus in general and aerobic fitness. This was the base that the rest of the training plan built off of. The aerobic/general fitness phase was followed by an intensive four-week strength-building phase. The final phase of the training plan focuses on anaerobic performance and power generation. Having built the necessary raw strength, which is maintained through continued lifting sessions, the athletes are now training their muscles to fire explosively as well as to continue generating maximum force even when fatigued, important for negotiating the rollers before the finish of Waterville Valley's World Cup Run. This includes Coach Wolfe's dreaded "lactic loops", repetitions of the Green Building and Tang Hall's stairs, and lactic recovery intervals on the erg machines. Racer Jason Pier says, "I hate those drills while we're doing them, but it's probably the thing I need to work on the most. At the end I feel just like I do at the bottom of a race run."

As we say, "Train like you race; race like you train."  
See you on the hill January 4!

### Issue 4, December 2010

#### Fundraising

Want to help us reach our season goal of \$20,000? [Click here!](#) 100% of your tax deductible donation goes directly to funding the team's training and competition season. We are over half way there! Thanks for your support!



Alumna Ashley Finan designed the official MIT Ski Team hat as a fundraiser. Looks great and is super warm!

### Alumni Tracks: Spotlight on Ashley Finan ('06) and Andrew Yip ('02)

This month, the MIT Ski Team would like to send a big thank two alumni who were able to give back to the team without breaking the bank. We appreciate their creativity and willingness to help out. Read on to learn more.

#### Andrew Yip ('02 Course IX, VI)

Andrew donated a pair of slightly used skis, along with pole guards, shin guards, a stealth top, and a helmet. It is often overwhelming for new racers to enter the sport with the large start-up cost for purchasing new equipment. The team has a number of new racers this year and as such we were all very thankful for Andrew's generosity. Our CME student Jenny Hawkins who is here visiting MIT for the year will be using the skis Andrew donated as GS skis for this season. The remaining equipment was divided among other team members and will provide better safety protection for those racers. Thanks Andrew!

#### Ashley Finan ('06 Course XIII, XXII)

Alumna and former team captain Ashley Finan was responsible for organizing the MIT Ski Team hat fundraiser. These hats were Merino wool and sold for approximately \$20 each with a suggested donation to the team. The hats came out looking great and she was able to raise over \$300 for the team. This money will be used to purchase new drills and drill batteries so that the team can set better training courses and be more efficient during our January training camp. Ashley's hard work will be keeping many ears warm this winter. Thanks Ashley!

Want to be the featured alum in an upcoming issue? Email [alpinecaptains@mit.edu](mailto:alpinecaptains@mit.edu) and tell us about yourself!

*"The first fall of snow is not only an event, it is a magical event. You go to bed in one kind of a world and wake up in another quite different, and if this is not enchantment then where is it to be found?" -J.B. Priestly*

Questions? Check out our website at <http://mit.edu/skiing/www/> or email [alpinecaptains@mit.edu](mailto:alpinecaptains@mit.edu)  
We also have a Facebook page! [MIT Alpine Skiing](#)