



2014 Wachusett Mountain Race Team SkillsQuest

Wachusett Mountain, Princeton MA

December 14, 2014

Results

The WMRT Board of Directors, event organizers and coaches wish to thank you for your participation in one of the first fully sanctioned USSA SkillsQuest event in the nation for the 2014-2015 season US alpine youth ski racing season.

Attached are the final results of the event. [Please review the important message below.](#)

SkillsQuest Skiing Assessment Goal is to:

- To provide a national standardized evaluation tool that can be used by any ski club in the country
- To provide coaches with a tool that they can evaluate and adjust their out of gate training time to achieve a balance of skiing skills
- To tease out a skill weakness and lay emphasis on skill strengths of an athlete
- To educate athletes and parents in the value of a well rounded skill repertoire
- To provide an instrument to monitor skill progression in athletes
- To help motivate and reward athletes who work toward and achieve high levels of skiing skill
- To provide coaches new ideas/tools for their "bag of tricks"
- To create a progressive test that matches the developmental targets of the ATS (Alpine Training System)

How our coaches will use the Assessment:

First, the coach should determine the developmental phase of the athlete. Use the drills for their phase, and work toward mastery in those drills. Using the test scoring protocol, evaluate where the athletes strengths and weaknesses are. Then use a variety of exercises and progressions to work on the skill areas where the skiers are deficient. While the drills in each column represent a complete set of skills for evaluation, practicing only these drills will not lead to the overall skill development that is desired. There is a difference between testing and training. Using this assessment should inspire focused training designed to improve skiing skills.

Parents Using the Assessment:

- De-emphasize results
- Focus on learning
- Focus on perseverance
- Focus on one simple task

WMRT's comments:

- Our purpose in hosting this SkillsQuest event is to build awareness within WMRT/TARA/EMBWL with focus on developing alpine skiing skills which funnel our athletes to improved performance in future race competitions.
- The results of the SkillsQuest element will be used to further athlete development conversation between coaches, parents and athletes.
- The results provide a benchmark from which to monitor future progress in skills development.
- Our event was based on USSA's Alpine Training System, Phase 2/3
- WMRT Final results are published in a format according to USSA SkillsQuest guidelines.
- As we (Eastern MA youth alpine ski racing clubs) start to embrace the concept of SkillsQuest, our coaches, parents and athletes are still in the learning mode. With the help from regional and national USSA divisions and member clubs, we will continue the efforts in providing only the best tools for our coaches in thier own "quest" to deliver the highest level of training methods and opportunities for our athletes.

Sunday, December 14, 2014

Wachusett Mountain Race Team

SkillsQuest at Wachusett Mountain Princeton, MA

Pressure Skill: Pole Jumpers

Edging Skill: Outside Ski Turns

Rotary Skill: Sideslip with Edge Set

Balance Skill: Freeski with Pole Usage

U10 Female

Bib #	Rank	Athlete name	USSA #	Club	Class	PRESSURE	EDGING	ROTARY	BALANCE	TOTAL AVERAGE	LEVEL
	1	Utzschneider, Julia	6541414	WMRT	U10	4.00	4.00	5.00	5.00	4.500	BRONZE
42	2	Freund, Amelia	6575716	Bradford Ski Team	U10	3.00	5.00	6.00	3.00	4.250	BRONZE
46	3	Martin, Neve	6575799	Nashoba Valley Ski Club	U10	3.00	4.00	5.00	5.00	4.250	BRONZE
28	4	Li, Anyee	6575088	Ski Ward Race Team	U10	3.00	5.00	4.00	4.00	4.000	BRONZE
27	5	Dahan, Noa	6570340	WMRT	U10	3.00	4.00	4.00	4.00	3.750	
41	6	Nippins, Caitlin	6575585	Prospect Hill Ski Team	U10	3.00	6.00	3.00	3.00	3.750	
24		Valcourt, Olivia	6565254	Nashoba Valley Ski Club	U10	3.00	4.00	3.00	4.00	3.500	
39		watts, katherine	6575302	Prospect Hill Ski Team	U10	3.00	4.00	4.00	2.00	3.250	
22		Wilkinson, Madeline	6554024	WMRT	U10	3.00	3.00	3.00	3.00	3.000	
29		Pavlova, Dasha	6575104	Nashoba Valley Ski Club	U10	4.00	3.00	2.00	3.00	3.000	
32		Niss, Katharina	6575146	Ski Ward Race Team	U10	2.00	4.00	3.00	2.00	2.750	
35		Niss, Klara	6575203	Ski Ward Race Team	U10	3.00	3.00	3.00	2.00	2.750	
13		Fitzmaurice, Courtney	6457591	Mount Mansfield	U10					Incomplete	
14		Barry, Ailene	6496137	WMRT	U10					Incomplete	
26		Franklin, Isabelle	6570248	Bradford Ski Club	U10					Incomplete	
48		Palmer, Eleanor	6577313	WMRT	U10					Incomplete	

U10 Male Level 2

Bib #	Rank	Athlete name	USSA #	Club	Class	PRESSURE	EDGING	ROTARY	BALANCE	TOTAL AVERAGE	LEVEL
11	1	Wohlfeld, Philip	6401432	WMRT	U10	6.00	6.00	4.00	7.00	5.750	BRONZE
23	2	Drew, Gray	6563961	Nashoba Valley Ski Club	U10	4.00	6.00	5.00	5.00	5.000	BRONZE
44	3	LeBlanc, Daighan	6575773	Ski Ward Race Team	U10	4.00	5.00	5.00	4.00	4.500	BRONZE
12	4	Chandler, Jackson	6412126	WMRT	U10	4.00	5.00	3.00	5.00	4.250	BRONZE

16	5	Ayotte, Bradford	6516178	WMRT	U10	4.00	4.00	4.00	5.00	4.250	BRONZE
21	6	Vlcek, Zach	6550619	Southington	U10	3.00	5.00	3.00	5.00	4.000	BRONZE
34		Santos, Daniel	6575161	Nashoboa Valley Ski Club	U10	3.00	4.00	6.00	2.00	3.750	
43		LeBlanc, Caedmon	6575765	Ski Ward Race Team	U10	3.00	4.00	4.00	4.00	3.750	
45		Boucher, Logan	6575781	Nashoba Valley Ski Club	U10	3.00	5.00	3.00	4.00	3.750	
17		Quirk, Sullivan	6522441	WMRT	U10	3.00	3.00	3.00	5.00	3.500	
25		Uchino, Tmoharu	6569594	WMRT	U10	3.00	3.00	4.00	4.00	3.500	
38		Watts, brent	6575260	Prospect Hill Ski Team	U10	3.00	4.00	5.00	2.00	3.500	
36		McCabe, Tyler	6575237	Nashoboa Valley Ski Club	U10	3.00	3.00	4.00	3.00	3.250	
31		Schmit, Andrew	6575112	Ski Ward Race Team	U10	4.00	4.00	3.00	2.00	3.250	
33		Zollo, James	6575153	Prospect Hill Ski Team	U10	3.00	4.00	3.00	2.00	3.000	
37		Marsh, Killian	6575245	Nashoba Valley Ski Club	U10	3.00	2.00	5.00	1.00	2.750	
47		Westaway, Tyler	6576903	WMRT	U10	2.00	2.00	2.00	2.00	2.000	

U12 Female Level 2

Bib #	Rank	Athlete name	USSA #	Club	Class	PRESSURE	EDGING	ROTARY	BALANCE	TOTAL AVERAGE	LEVEL
53	1	Jones, Elaine	6285382	WMRT	U12	6.00	7.00	7.00	8.00	7.000	SILVER
52	2	Bateman, Katie	6285115	WMRT	U12	5.00	6.00	7.00	8.00	6.500	SILVER
72	3	Barry, Catharine	6490002	WMRT	U12	5.00	7.00	6.00	6.00	6.000	SILVER
80	4	Palmer, Grace	6517013	WMRT	U12	5.00	6.00	5.00	7.00	5.750	BRONZE
90	5	Riley, Taylor	6575054	Bogastow Ski Team	U12	5.00	5.00	5.00	6.00	5.250	BRONZE
68	6	sharon, avigail	6474087	WMRT	U12	4.00	6.00	5.00	5.00	5.000	BRONZE
105		Freund, Jane	6575708	Bradford Ski Team	U12	4.00	4.00	6.00	5.00	4.750	BRONZE
104		Keane, Heather	6575336	Ski Ward Race Team	U12	3.00	4.00	6.00	5.00	4.500	BRONZE
74		Buxton, Madelyn	6499803	Prospect Hill Ski Team	U12	4.00	4.00	5.00	4.00	4.250	BRONZE
102		Watts, Hannah	6575294	Prospect Hill Ski Team	U12	3.00	4.00	5.00	5.00	4.250	BRONZE
81		McClure, Nora	6520028	WMRT	U12	4.00	4.00	6.00	3.00	4.250	BRONZE
83		Utzschneider, Mina	6541403	WMRT	U12	5.00	4.00	4.00	4.00	4.250	BRONZE
85		Prasad, Anika	6559462	WMRT	U12	4.00	3.00	4.00	6.00	4.250	BRONZE
109		Hatcher, Ella	6575807	Bogastow	U12	3.00	3.00	5.00	5.00	4.000	BRONZE
77		Caponigro, Shannon	6507960	WMRT	U12	3.00	5.00	4.00	3.00	3.750	
84		DeLisle, Olivia	6559116	Bradford Ski Club	U12	3.00	3.00	3.00	4.00	3.250	
87		Kim, Bori	6564029	Bradford Ski Team	U12	3.00	4.00	3.00	3.00	3.250	
108		Modderno, Rebecca	6575757	Nashoba Valley Ski Club	U12	3.00	3.00	3.00	2.00	2.750	
58		Stearns, Kendall	6389069	WMRT	U12	4.00				Incomplete	
62		Fitzmaurice, Caitlin	6457587	Mount Mansfield	U12					Incomplete	
76		Blondek, Mayson	6515993	Bogastow Ski Team	U12					Incomplete	

89	Ciacciarelli, Lucy	6569589	Bradford Ski Club	U12	4.00	4.00	5.00	Incomplete
103	Tule, Evelyn	6575328	Unknown ???	U12		2.00		Incomplete
110	Forrester, Caroline	6577473	Nashoba Valley Ski Club	U12				Incomplete

U12 Male Level 2

Bib #	Rank	Athlete name	USSA #	Club	Class	PRESSURE	EDGING	ROTARY	BALANCE	TOTAL AVERAGE	LEVEL
51	1	Tsukada, Kota	6268908	WMRT	U12	7.00	7.00	7.00	8.00	7.250	SILVER
67	2	Barash, Liad	6469284	WMRT	U12	4.00	6.00	7.00	7.00	6.000	SILVER
65	3	Vlcek, Gregory	6463726	Southington	U12	4.00	7.00	6.00	6.00	5.750	BRONZE
56	4	Hicks, Cooper	6337566	WMRT	U12	5.00	5.00	5.00	7.00	5.500	BRONZE
60	5	shanahan, quinn	6445232	WMRT	U12	4.00	6.00	5.00	7.00	5.500	BRONZE
61	6	Desio, Michael	6446907	WMRT	U12	6.00	4.00	6.00	6.00	5.500	BRONZE
71		Shriver, Max	6485851	Bradford Ski Team	U12	4.00	5.00	5.00	6.00	5.000	BRONZE
59		Wohlfeld, Maximilian	6401416	WMRT	U12	3.00	5.00	4.00	7.00	4.750	BRONZE
69		Murray, Kyle	6485542	Nashoba Valley Ski Club	U12	4.00	4.00	6.00	5.00	4.750	BRONZE
75		Hanna, Cameron	6501849	WMRT	U12	4.00	6.00	5.00	4.00	4.750	BRONZE
92		Haigh, Thomas	6511853	WMRT	U12	3.00	5.00	5.00	6.00	4.750	BRONZE
54		Schlusssel, Jackson	6329767	WMRT	U12	3.00	5.00	5.00	5.00	4.500	BRONZE
73		Connolly, Paul	6490625	Nashoba Valley Ski Club	U12	4.00	4.00	5.00	5.00	4.500	BRONZE
101		Freed, Jonathan	6575229	Ski Ward Race Team	U12	3.00	4.00	6.00	5.00	4.500	BRONZE
70		Murray, Tyler	6485554	Nashoba Valley Ski Club	U12	3.00	4.00	5.00	4.00	4.000	BRONZE
82		Valcourt, Nicholas	6539809	Nashoba Valley Ski Club	U12	3.00	5.00	5.00	3.00	4.000	BRONZE
86		Kim, Sunjae	6563643	Bradford Ski Team	U12	3.00	5.00	3.00	5.00	4.000	BRONZE
106		Carrio, Quinton	6575724	Nashoba Valley Ski Club	U12	3.00	3.00	5.00	4.00	3.750	
111		Norton, Tucker			U12	3.00	5.00	3.00	4.00	3.750	
88		Haught, James	6565942	WMRT	U12	3.00	3.00	5.00	4.00	3.750	
91		Dowling, Jack	6575070	Ski Ward Race Team	U12	3.00	4.00	5.00	3.00	3.750	
57		Gallagher, Owen	6348767	WMRT	U12	4.00	5.00				Incomplete
66		Parachojuk, Paul	6466413	Bradford Ski Team	U12						Incomplete
100		Duseau, Matthew	6575195	Nashoba Valley Ski Club	U12						Incomplete

Sunday, December 14, 2014

Wachusett Mountain Race Team

SkillsQuest at Wachusett Mountain

Princeton, MA

Pressure Skill: Pole Jumpers in Tuck

Edging Skill: One Ski Skiing

Rotary Skill: Pivot Slips

Balance Skill: Freeski Lane Changes

U14 Female

Bib #	Rank	Athlete name	USSA #	Club	Class	PRESSURE	EDGING	ROTARY	BALANCE	TOTAL AVERAGE	LEVEL
127	1	Oh, Karen	6288274	WMRT	U14	6.00	6.00	6.00	7.00	6.25	SILVER
123	2	Scneider, Piper	6222251	WMRT	U14	6.00	6.00	6.00	6.00	6	SILVER
126	3	Goldstein, Sophia	6271345	Independent	U14	4.00	6.00	6.00	7.00	5.75	BRONZE
121	4	Brush, Chloe	6212641	WMRT	U14	7.00	5.50	6.00	4.00	5.63	BRONZE
151	5	Anderson, Emily	6445147	WMRT	U14	5.00	3.50	6.00	7.00	5.38	BRONZE
124	6	Curtis, Jamie	6268717	WMRT	U14	5.00	5.00	5.00	6.00	5.25	BRONZE
186		Spofford, Helena	6575179	Ski Ward Race Team	U14	5.00	4.00	6.00	6.00	5.25	BRONZE
189		Watts, lily	6575278	Prospect Hill Ski Team	U14	4.00	4.00	6.00	7.00	5.25	BRONZE
130		Bass, Noelle	6328066	Ski Ward Race Team	U14	6.00	4.50	5.00	5.00	5.13	BRONZE
148		flynn, catherine	6402698	WMRT	U14	4.00	6.00	4.00	6.00	5	BRONZE
152		Desio, Kaitlyn	6446899	WMRT	U14	4.00	4.00	6.00	6.00	5	BRONZE
162		Schwalm, Sydney	6452620	Bradford Ski Team	U14	4.00	4.00	7.00	5.00	5	BRONZE
164		McAreavey, Molly	6463298	Bradford Ski Team	U14	4.00	5.00	6.00	5.00	5	BRONZE
145		Frend, Sydney	6388091	WMRT	U14	4.00	5.50	5.00	5.00	4.88	BRONZE
149		Garny, Amanda	6414524	WMRT	U14	5.00	4.50	5.00	5.00	4.88	BRONZE
153		Malatesta, Catherine	6448555	Bradford Ski Team	U14	5.00	3.50	5.00	6.00	4.88	BRONZE
125		Curtis, Jennie	6268720	WMRT	U14	4.00	4.00	6.00	5.00	4.75	BRONZE
150		Leonard, Mallory	6431371	Nashoba Valley Ski Club	U14	4.00	5.00	5.00	5.00	4.75	BRONZE
131		Schlussel, Sierra	6329756	WMRT	U14	4.00	5.00	4.00	5.00	4.5	BRONZE
165		Utzschneider, Rudy	6473561	WMRT	U14	3.00	5.00	5.00	4.00	4.25	BRONZE
168		MacDonald, Marin	6498041	Bradford Ski Team	U14	4.00	5.00	4.00	4.00	4.25	BRONZE
181		Rysman, Ava	6571140	WMRT	U14	6.00	2.50	4.00	4.00	4.13	BRONZE
196		Diomedede, Annabelle	6575732		U14	4.00	3.50	4.00	5.00	4.13	BRONZE
133		Ceryanek, Kyra	6510823		U14	5.00	3.00	4.00	4.00	4	BRONZE
144		Ratta, Ann	6373146	Bradford Ski Team	U14	4.00	0.00	6.00	6.00	4	BRONZE
194		Haught, Megan	6565958		U14	4.00	2.00	5.00	5.00	4	BRONZE
132		McCaughey, Margeaux	6330140	WMRT	U14	4.00	3.50	3.00	5.00	3.88	
166		mitrano, Danielle	6483534	Nashoboa Valley Ski Clut	U14	3.00	4.50	4.00	4.00	3.88	
169		ZHAO, EMILY	6551883	WMRT	U14	3.00	4.00	3.00	4.00	3.5	
170		Herlihy, Katharine	6557331	WMRT	U14	3.00	4.00	4.00	3.00	3.5	

171	DeLisle, Isabelle	6559096	Bradford Ski Club	U14	3.00	3.50	2.00	2.00	2.63
-----	-------------------	---------	-------------------	-----	------	------	------	------	------

U14 Male

Bib #	Rank	Athlete name	USSA #	Club	Class	PRESSURE	EDGING	ROTARY	BALANCE	TOTAL AVERAGE	LEVEL
147	1	Temple, Jamie	6395300	WMRT	U14	6.00	6.50	6.00	8.00	6.63	SILVER
163	2	O'Sullivan, Parker	6455948	WMRT	U14	5.00	7.00	7.00	7.00	6.5	SILVER
141	3	Hicks, Colin	6337566	WMRT	U14	6.00	6.50	6.00	7.00	6.38	SILVER
193	4	Hicks, Andrew	6337001	WMRT	U14	5.00	6.00	7.00	7.00	6.25	SILVER
146	5	Richards, Ryan	6395107	WMRT	U14	5.00	6.00	6.00	7.00	6	SILVER
190	6	Levey, Nick	6575286	Bradford Ski Team	U14	4.00	5.50	6.00	7.00	5.63	BRONZE
128		Kruglov, Victor	6323022	WMRT	U14	6.00	4.50	5.00	6.00	5.38	BRONZE
192		Hatcher, Gordon	6575815	Bogastow	U14	3.00	4.50	6.00	8.00	5.38	BRONZE
188		Woodcock, Bradford	6575211	Ski Ward Race Team	U14	4.00	5.00	6.00	6.00	5.25	BRONZE
161		McKersie, Robbie	6448702	Bradford Ski Team	U14	4.00	4.50	7.00	5.00	5.13	BRONZE
172		Dube, Jaimeson	6560549	WMRT	U14	5.00	5.00	6.00	4.00	5	BRONZE
184		Logan, LeBlanc	6575120	Bogastow	U14	4.00	5.00	4.00	7.00	5	BRONZE
129		SUMNER, JOHN	6325328	WMRT	U14	4.00	4.50	5.00	6.00	4.88	BRONZE
187		Santos, David	6575187	Nashoboa Valley Ski Club	U14	3.00	4.50	6.00	6.00	4.88	BRONZE
182		Horsfall, Scott	6575062	Ski Ward	U14	5.00	2.50	3.00	5.00	3.88	
142		Choate, Aidan	6337883	WMRT	U14	4.00	2.50	4.00	4.00	3.63	
173		Grace, Cooper	6565962	WMRT	U14	3.00	4.50	3.00	4.00	3.63	
185		Durr, Michael	6575138	Ski Ward Race Team	U14	3.00	1.50	4.00	6.00	3.63	
191		Thompson, Winston	6575310	Nashoba Valley Ski Club	U14	4.00	2.50	4.00	4.00	3.63	
195		Daly, Aiden	6569694		U14	3.00	2.00	3.00	5.00	3.25	
122		Donaldson, Jack	6214873	WMRT	U14	0.00	0.00	4.00	0.00	1	
143		Wagner, Jack	6365267	WMRT	U14	0.00	0.00	0.00	0.00	0	
167		Shea, Aidan	6483904	Bradford Ski Team	U14	0.00	0.00	0.00	0.00	0	
183		Berry, Miles	6575096	Nashoba Valley Ski Club	U14	0.00	0.00	0.00	0.00	0	