



WMRT's 2017 SkillsQuest Results

Wachusett Mountain, Princeton MA

December 16, 2017

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 2017-2018 season.

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

SkillsQuest Skiing Assessment Goal:

- 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 Eastern Massachusetts Youth Ski Racing 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 continue 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 their own "quest" to deliver the highest level of training methods and opportunities for our athletes.



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Pressure Skill: Pole Jumpers in Tuck
Edging Skill: One Ski Skiing

Rotary Skill: Pivot Slips
Balance Skill: Freeski Lane Changes

<u>OVERALL RANK</u>	<u>Bib #</u>	<u>Athlete name</u>	<u>USSA #</u>	<u>Gender</u>	<u>Club</u>	<u>Class</u>	<u>PRESSURE</u>	<u>EDGING</u>	<u>ROTARY</u>	<u>BALANCE</u>	<u>TOTAL AVERAGE</u>	<u>LEVEL</u>
1	23	Jillian Bradford	E6628579	F	WMRT	U10	2.54	7.75	7.97	2.00	5.06	BRONZE
2	16	Isabel Reid	E6746675	F	NVSC	U10	3.81	6.20	7.08	3.00	5.02	BRONZE
3	5	Rose Warner	E6816337	F	BST	U10	2.54	4.65	7.08	2.00	4.07	BRONZE
4	27	Persephone Pierma	E6748361	F	WMRT	U10	5.08	4.65	4.43	2.00	4.04	BRONZE
5	14	Alina Chernorutskai	E6792392	F	WMRT	U10	2.54	6.20	5.31	2.00	4.01	BRONZE
6	20	Elsa Fish	E6801950	F	WMRT	U10	2.54	3.10	5.31	3.00	3.49	
7	18	Ava Sungarian	E6638849	F	WMRT	U10	3.81	4.65	3.54	1.00	3.25	
8	3	Sydney Scholz	E6816370	F	BST	U10	2.54	3.10	5.31	1.00	2.99	
9	26	Kelly Buxton	E6741421	F	PHST	U10	2.54	6.20	0.00	2.00	2.69	
10	15	Evelyn Woodbury	6823660	F	NVSC	U10	2.54	3.10	3.54	1.00	2.55	
11	19	Chloe Sparks	E6798781	F	WMRT	U10	2.54	4.65	0.00	2.00	2.30	
12	4	Mia DesRosiers	E6816700	F	BST	U10	1.27	3.10	0.00	1.00	1.34	



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1	6	Jayden Pabst	6818181	M	BST	U10	3.81	7.75	12.39	6.00	7.49	SILVER
2	8	David Palmer	E6781926	M	BST	U10	2.54	7.75	10.62	6.00	6.73	SILVER
3	24	Nathan Chandler	E6561218	M	WMRT	U10	3.81	7.75	9.74	3.00	6.07	SILVER
4	11	Elliot Chisholm	E6823175	M	BST	U10	2.54	7.75	9.74	3.00	5.76	BRONZE
5	13	Kai Faber	E6824208	M	BST	U10	2.54	6.20	5.31	3.00	4.26	BRONZE
6	10	John Small	E6783470	M	BST	U10	0.00	6.20	6.20	3.00	3.85	
7	12	Jack Cuddy	E6822443	M	BST	U10	2.54	6.20	5.31	1.00	3.76	
8	2	Nikita Costello	6823683	M	BOG	U10	2.54	1.55	7.08	3.00	3.54	
9	25	Thomas Bates	E6807430	M	WMRT	U10	3.81	3.10	4.43	2.00	3.33	
10	1	Ian Costello	6823703	M	BOG	U10	3.81	1.55	5.31	1.00	2.92	
11	21	Jasper Pride	6790400	M	WMRT	U10	2.54	4.65	0.00	3.00	2.55	
12	17	Seth Ford	X6821778	M	NVSC	U10	2.54	3.10	0.00	1.00	1.66	



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1	39	Amelie Eng	E6445426	F	JPRT	U12	5.08	9.30	12.39	5.00	7.94	SILVER
2	69	Madeline Wilkinson	6554024	F	WMRT	U12	3.81	9.30	8.85	5.00	6.74	SILVER
3	50	Klara Niss	E6575203	F	WMRT	U12	3.81	9.30	8.85	4.00	6.49	SILVER
4	43	Caitlin Nippins	E6575585	F	PHST	U12	6.35	4.65	9.74	4.00	6.18	SILVER
5	67	Kiki Burbank	6724955	F	WMRT	U12	3.81	7.75	8.85	4.00	6.10	SILVER
6	54	Kate Robinson	6718735	F	WMRT	U12	3.81	7.75	9.74	2.00	5.82	BRONZE
7	42	Avery Abrahamovic	E6776655	F	PHST	U12	3.81	6.20	7.08	4.00	5.27	BRONZE
8	68	Phoebe Burbank	6725314	F	WMRT	U12	3.81	6.20	7.97	3.00	5.24	BRONZE
9	37	Abigail Reid	E6713509	F	NVSC	U12	3.81	4.65	7.97	4.00	5.11	BRONZE
10	36	Margaree Hybl	E6754343	F	NVSC	U12	2.54	7.75	7.08	3.00	5.09	BRONZE
11	44	Mia Harris	6746481	F	SWRT	U12	3.81	6.20	7.08	3.00	5.02	BRONZE
12	29	Samantha Melville	6816368	F	BST	U12	2.54	7.75	5.31	3.00	4.65	BRONZE
13	34	Sara Karp	E6821581	F	NVSC	U12	3.81	6.20	6.20	2.00	4.55	BRONZE
14	28	Kyla Slomsky	E6553018	F	BST	U12	2.54	4.65	6.64	4.00	4.46	BRONZE
15	56	Hannah Parry	E6807399	F	WMRT	U12	2.54	6.20	7.08	2.00	4.46	BRONZE
16	55	Charlotte Standley	E6815330	F	WMRT	U12	3.81	6.20	5.31	2.00	4.33	BRONZE
17	32	Amanda Reynolds	E6820490	F	NASH	U12	2.54	4.65	6.20	3.00	4.10	BRONZE
18	40	Lilly Page	6823693	F	BOG	U12	2.54	4.65	5.31	3.00	3.88	
19	35	Mackenzie Kycia	E6823768	F	NVSC	U12	2.54	6.20	5.31	1.00	3.76	
20	41	Yasmine Nee	E6823715	F	BOG	U12	2.54	4.65	0.00	2.00	2.30	



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1	64	Maddox Lee	E6727113	M	WMRT	U12	6.35	9.30	9.74	5.00	7.60	SILVER
2	63	Matthew Sungariar	E6638721	M	WMRT	U12	6.35	9.30	10.62	4.00	7.57	SILVER
3	51	Oscar Pride	6785383	M	WMRT	U12	5.08	9.30	10.62	4.00	7.25	SILVER
4	53	Trey Brooks	E6626446	M	WMRT	U12	5.08	7.75	7.97	5.00	6.45	SILVER
5	57	Saul Schwartz	E6720981	M	WMRT	U12	5.08	7.75	9.74	3.00	6.39	SILVER
6	58	Aidan Ghidella	E6795473	M	WMRT	U12	3.81	9.30	7.97	3.00	6.02	SILVER
7	66	Joshua Holden	6725108	M	WMRT	U12	5.08	7.75	7.08	4.00	5.98	BRONZE
8	31	Luke Free	E6782647	M	BST	U12	5.08	6.20	7.08	5.00	5.84	BRONZE
9	65	Matthew Haigh	E6560144	M	WMRT	U12	3.81	7.75	7.08	3.00	5.41	BRONZE
10	52	Camden Riddle	6728572	M	WMRT	U12	3.81	7.75	6.20	3.00	5.19	BRONZE
11	30	Owen Palmer	E6776158	M	BST	U12	5.08	6.20	5.31	3.00	4.90	BRONZE
12	47	Nathaniel Standley	E6815327	M	WMRT	U12	2.54	6.20	6.20	4.00	4.73	BRONZE
13	48	Rob Buxton	E6748570	M	PHST	U12	3.81	4.65	6.20	4.00	4.66	BRONZE
14	61	Jake Fahey	E6644397	M	WMRT	U12	3.81	6.20	5.31	3.00	4.58	BRONZE
15	33	Will Connolly	E6808839	M	NASH	U12	2.54	6.20	5.31	3.00	4.26	BRONZE
16	45	Alec Popiel	6803524	M	WMRT	U12	2.54	4.65	5.31	2.00	3.63	
17	46	Emerson Popiel	6803532	M	WMRT	U12	2.54	4.65	5.31	2.00	3.63	



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1	118	Mayson Blondek	E6515993	F	WMRT	U14	6.35	10.85	11.51	6.00	8.68	GOLD
2	116	Taylor Riley	E6575054	F	WMRT	U14	5.08	9.30	11.51	6.00	7.97	SILVER
3	132	Kaylie Porter	E6632391	F	WMRT	U14	7.62	7.75	10.62	5.00	7.75	SILVER
4	152	Anyee Li	E6575088	F	WMRT	U14	7.62	9.30	8.85	5.00	7.69	SILVER
5	115	Norah Pride	E6642528	F	WMRT	U14	3.81	9.30	11.51	6.00	7.65	SILVER
6	114	Abigail Eng	E6341726	F	JPRT	U14	5.08	9.30	10.62	5.00	7.50	SILVER
7	130	Eden Deware	6683056	F	WMRT	U14	6.35	7.75	10.62	5.00	7.43	SILVER
8	122	Madelyn Buxton	E6499803	F	PHST	U14	6.35	7.75	9.74	5.00	7.21	SILVER
9	137	Neve Martin	E6575799	F	WMRT	U14	6.35	7.75	7.97	6.00	7.02	SILVER
10	117	Avigail Sharon	E6474087	F	WMRT	U14	5.08	7.75	11.51	3.00	6.83	SILVER
11	135	Katharina Niss	E6575146	F	WMRT	U14	5.08	9.30	7.08	5.00	6.62	SILVER
12	109	Bryn Leonard	E6514894	F	NVSC	U14	3.81	7.75	10.62	4.00	6.55	SILVER
13	149	Astrid Lee	E6602144	F	WMRT	U14	3.81	9.30	9.74	3.00	6.46	SILVER
14	106	Olivia Valcourt	E6565254	F	NASH	U14	5.08	9.30	7.08	3.00	6.12	SILVER
15	150	Jula Utzschneider	E6541414	F	WMRT	U14	7.62	6.20	7.08	3.00	5.98	BRONZE
16	124	Mina Utzschneider	E6541403	F	WMRT	U14	3.81	7.75	7.97	4.00	5.88	BRONZE
17	151	Ailene Barry	E6496137	F	WMRT	U14	6.35	6.20	7.97	3.00	5.88	BRONZE
18	131	Sidney Schwartz	6678082	F	WMRT	U14	3.81	6.20	7.97	4.00	5.49	BRONZE
19	136	Noa Dahan	E6570340	F	WMRT	U14	3.81	6.20	7.08	2.00	4.77	BRONZE
20	105	Kate Connolly	E6808825	F	NASH	U14	2.54	4.65	7.97	2.00	4.29	BRONZE
21	125	Erin O'Shaughnessy	E6818454	F	WMRT	U14	3.81	3.10	7.08	3.00	4.25	BRONZE
22	113	Katrina Mayen	E6801351	F	PHST	U14	3.81	1.55	6.20	2.00	3.39	



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1	126	Michael Desio	E6446907	M	WMRT	U14	5.08	10.85	14.16	4.00	8.52	GOLD
2	147	Erik Fish	E6453958	M	WMRT	U14	7.62	10.85	10.62	4.00	8.27	GOLD
3	128	Brendan Dube	E6685152	M	WMRT	U14	3.81	9.30	11.51	5.00	7.40	SILVER
4	138	Tommy Robinson	E6645573	M	WMRT	U14	6.35	9.30	8.85	5.00	7.38	SILVER
5	140	Jackson Chandler	E6412126	M	WMRT	U14	6.35	9.30	8.85	5.00	7.38	SILVER
6	145	Bradford Ayotte	E6516178	M	WMRT	U14	7.62	7.75	10.62	3.00	7.25	SILVER
7	129	Ewan Smith	6683338	M	WMRT	U14	6.35	9.30	9.74	3.00	7.10	SILVER
8	142	Kieren Ghidella	E6716490	M	WMRT	U14	6.35	10.85	7.08	4.00	7.07	SILVER
9	141	Philip Wohlfeld	6401432	M	WMRT	U14	3.81	9.30	8.85	3.00	6.24	SILVER
10	148	Andrew Parry	E6726267	M	WMRT	U14	5.08	10.85	5.31	3.00	6.06	SILVER
11	146	Logan Boucher	E6575781	M	WMRT	U14	6.35	6.20	7.97	3.00	5.88	BRONZE
12	127	Santiago Pastor	6718157	M	WMRT	U14	3.81	9.30	7.08	3.00	5.80	BRONZE
13	100	Paul Parachojuk	E6466413	M	BST	U14	5.08	6.20	7.08	4.00	5.59	BRONZE
14	119	Robert Laorno	E6513992	M	THRD	U14	5.08	6.20	7.97	3.00	5.56	BRONZE
15	101	Paul Lyons	E6501950	M	BST	U14	5.08	7.75	5.31	4.00	5.54	BRONZE
16	121	Jack Edwards	E6505225	M	THRD	U14	3.81	6.20	7.08	5.00	5.52	BRONZE
17	102	Nicholas Valcourt	E6539809	M	NASH	U14	3.81	6.20	8.85	3.00	5.47	BRONZE
18	139	Zachary Gumbert	E6614715	M	WMRT	U14	5.08	6.20	7.08	3.00	5.34	BRONZE
19	120	Nathaniel Laorno	E6513974	M	THRD	U14	3.81	6.20	5.31	3.00	4.58	BRONZE
20	103	Tyler McCabe	E6575237	M	NVSC	U14	2.54	6.20	5.31	3.00	4.26	BRONZE
21	108	Everett Dalton	I6742720	M	NVSC	U14	2.54	7.75	3.54	2.00	3.96	
22	107	Burt Ford	X6821766	M	NVSC	U14	2.54	4.65	3.54	2.00	3.18	