

**A WINTER TUTORIAL PROGRAM FOR ALPINE, FREESTYLE,  
AND SNOWBOARD COMPETITORS, LOCATED AT THE  
AMERICAN SKI COMPANY'S MOUNT SNOW RESORT, IN  
SOUTHERN VERMONT**

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**WELCOME!**

I invite you to consider our winning combination: academic excellence, and athletic achievement,

At M.S.A., the student's classes are held in our 10,000 plus square foot Alpine Training Center, just 200 feet from the base of the main mountain. In this slope-side environment, M.S.A. teachers and coaches work together to balance a focused academic life with a challenging training program.

What distinguishes MSA's academic and athletic programs is individual attention. What offers a distinct challenge to our athletes is Mount Snow itself. This winning partnership means that our students learn self-discipline and time management, understand goal setting and goal achievement, and grasp the fine line between self-reliance and cooperation.

The entire environment of Mount Snow Academy requires each student to "step up to the plate" with a tremendous amount of self-confidence, self-discipline, and determination. MSA seems to engender those very qualities, as it demands them.

Please visit: join us on the slopes or in the classroom, and see for yourself.

Lynne Sullivan, Director  
Mount Snow Academy

## **MISSION STATEMENT**

Mount Snow Academy's purpose and mission is to foster an environment in which young people develop a joy for learning, and a respect for oneself and others, in academia, sports, and personal and community relationships. The Mount Snow Academy community enthusiastically instills our students with the vigor and self esteem to take risks and the insight to build on their failures as effectively as their successes.

## **THE TUTORIAL PROGRAM**

Students attend MSA from early November through early April. They arrive having begun their school year and having participated in various sports and activities at a wide variety of schools—some which use a semester system, some a trimester system. Mother Nature has little regard for either. The temperature drops and the season begins. This is why Mount Snow Academy teachers are adept at jumping in with the student wherever she/he may be in his or her course work.

Students arrive at MSA with books and a curriculum from their regular school. They continue in their own school's curriculum with MSA teachers: for each course, the student meets one on one with an MSA teacher for forty-five minutes, three times a week. Lab work in any subject area requires additional time.

Mount Snow Academy stays in close contact with the student's teachers at home. The "home school" teachers and parents receive bi-weekly reports on the student's accomplishments in each course. Students also meet once a week with a mentor (one of the Academy teachers) who oversees their progress. Even with such an active support team, the natural consequence of attending MSA is a keen sense of personal time-management skills, goal setting, and independence. In MSA's tutorial program, the one on one classroom is the centerpiece of a network of caring adults who are informed and involved at every step.

## **SOME OF THE COURSES WE HAVE TAUGHT AT M.S.A.**

**Advanced Placement (A.P.)**  
**All Levels (7 - 12)**

English	Chemistry	German	Computer
American	Physics	Russian	Science,
History	Mathematics	Italian	Business Law
European	(through Calculus)	Science	Economics
History	French	Studio Arts	Marketing
Biology	Spanish		
	Latin		

## **ONE ON ONE CLASSROOM DYNAMICS**

Mount Snow Academy's one on one classroom foster an unparalleled, enriched academic experience. Our teachers bring a wide variety of backgrounds and interests to each class. In these focused exchanges, students' analytical and reflective skills are honed. Consequently, MSA students learn to converse respectfully with adults. MSA students emanate a self-esteem that draws from both athletic prowess and intellectual comfort and candor.

MSA's one on one classroom are particularly suited to a strong focus on writing and revision; this environment is rigorous and challenging. While we pursue each student's own "home school" curriculum, we take advantage of the tutorial structure, whether in English, History, or even Science, to emphasize writing skills.

MSA's flexible training and classroom schedule allows teachers to be available for extra help, especially in regard to college preparatory support: A.P. and S.A.T. exams, college application essays, and interviews. The latest in computer technology augments our efforts to provide our students with every possible advantage.

Our goal is to make the most of every hour for every student/athlete through individual attention. Since MSA was founded, our students have always re-entered their classroom at home well prepared. Often, they are able to maintain a higher grade and more acute awareness of the subject and their own abilities subsequent to their time at the Academy. The MSA

student invariably has an academic experience that cannot be duplicated in a multi-student classroom.

## **MOUNT SNOW ACADEMY ALUMNI**

MSA alumni now work in fields as varied as foreign newspaper correspondence, architecture, business, culinary arts, law, and medicine. They have continued their education at schools such as:

Bates College

Castleton State College

Colorado, University of

Connecticut, University of

Cornell University

Fairfield University

Hartwick College

Johnson State College

Maine, University of

Middlebury College

Williams College

Yale University

Montana, University of

New Hampshire, University of

(Plymouth & Keene)

Saint Lawrence University

Saint Michael's College

Sierra Nevada College

Skidmore College

Syracuse University

Vassar College

Vermont, University of

## **WHEN WE'RE NOT STUDYING, WE HIT THE HILL!**

### **MOUNTAIN FEATURES**

MSA students train on all of Mount Snow Resort's four mountain faces: the Main Mountain, the North Face, Carinthia, and Sunbrook. Together they boast: a 1,700 foot vertical drop; 37.1 miles of trails over 598.3 acres; 104 trails; 76% of 382 acres are covered by snowmaking, 166 inches of annual snowfall; and a total of 19 lifts, including 4 high-speed quads. MSA coaches work closely with Mount Snow Resort to coordinate the best use of the mountain's terrain for our athletes.

### **TRAINING**

In each discipline (Alpine, Freestyle, and Snowboard) MSA athletes pursue a rigorous physical development program. Mount Snow Resort provides an excellent playground for coaches to design various dry-land workout

regimens. The Resort's facilities have everything from mountain biking, hiking, tennis, and racquetball to roller blades and weight lifting.

Our coaches employ every technology available to manifest the most advanced training program possible for our athletes. Timed training and video analysis is an integral part of preparation for competition. Each MSA athlete has a video of their practice runs to which they add throughout the season. Not only does this video allow them to study and critique individual runs, but the continuous growth of their personal video allows them to witness their progression as the season moves along.

## **ALPINE**

Alpine skiers at MSA train for competition in Slalom, Giant Slalom, Downhill, and Super G. While we foster a team environment in which each student/athlete is respectful and supportive of one another, we also focus on helping each athlete set and achieve his or her individual goal.

Unlike many Ski Academies, MSA athletes are not limited to a particular trail or type of terrain for training. We have access to F.I.S. approved trails which allows us to customize our daily training according to the competition schedule and weather conditions.

Mount Snow Resort supports high-level alpine competition—it has received the Paul A. Bacon Trophy for excellence in race organization.

## **FREESTYLE**

Freestyle Skiing at MSA includes both traditional freestyle skiing, (moguls, and aerials, and the current free ski, (pipe and park). Our Freestylers compete in U.S.S.A. Eastern Division Championship events, the precursor to Junior Nationals, Senior Nationals, World Cup, and finally, the Olympics as well as USASA events.

We stress a combined training program over a specialized one in an effort to create the all around skier: one who tackles the steeps, bumps and jumps, parks and pipes, with the wisdom of a fierce competitor and the joy of someone out to have a great time.

Mount Snow Resort has committed itself to supporting Freestyle by continually improving “Mount Snow’s Greatest Hits” (jumps, banks, spines, and tabletops located on a mix of trails across the resort’s four mountain faces), and “El Diablo,” Mount Snow’s newest 13 acre terrain park full of tabletops, hits, banks, and more.

## **SNOWBOARD**

Snowboarding at MSA includes training for Slalom, Giant Slalom, Slopestyle, Half-pipe, and Boardercross. In keeping with the philosophy of the United States Ski and Snowboard Association, MSA is committed to the development of the all-around rider. Snowboarding has grown tremendously (Olympic debut in '98 and an official venue in the 2002 Olympics).

Our riders train to compete in the USASA Southern Vermont Snowboard Series. We also strategically enter our riders in competitions outside of this local series, enabling them to earn USASA, USSA, and FIS points.

Mount Snow Resort offers fantastic facilities for the MSA rider: The East Coast’s first snowboard park, is Mount Snow’s Un Blanco Gulch. It is 8.5 acres of an array of features including triple and doublewide table tops, quaterpipes and spines. El Diablo, a true slopestyle park, is 3400 feet long and covers more than 13 acres. El Diablo contains most of the features of Mount Snow’s largest park, Inferno, which is 3010 feet long and covers more than 11 acres. It contains a 60 foot table, a 36 foot rainbow rail, a 45 foot step-down, a 30 foot down flat, along with a number of new jibs including a C-box, S-rail and others.

MSA riders also train at The Gut, which is consistently rated as one of the top 10 pipes in the country. It is 460 feet long with 18 foot walls.

MSA riders benefit from Mount Snow Resort’s commitment to hosting high level snowboard competitions.

## **LIFE AT THE MOUNTAIN**

The Mount Snow Academy House is located on Snow Vidda Road, one half mile from the Training Center and the base of Mount Snow. Significantly, the House is not a dorm, and so is conducive to the

atmosphere one might find in a home rather than a dormitory. Students live amongst each other as siblings might: the respect, privacy, and trust one would accord a family member is what Mount Snow Academy expects, and what the Academy House engenders.

The House Parent works together with both the Director and students who act as house proctors, to set and maintain the guidelines of the household. Boarding Students eat dinner at the Academy House at 6:30 every evening, after which—divided into teams—they clean the kitchen and dining area. Boarding students are also responsible for cleaning their own rooms to augment regular visits by our cleaning staff. Study time is scheduled from 7:30 P.M. to 9:30 on Sunday through Thursday evenings. Students are expected to use this time quietly and constructively (without the usual aids of drum sets, stereo's, and televisions). Lights are out at 11:00 p.m.

Monday mornings begin with MSA's 9:00 A.M. "Monday Meeting"—a short, informal gathering attended by the entire student body and teachers to share congratulations on the weekend's competitions, as well as to review upcoming events and new ideas. Monday is "coach's day off," and so continues with classes from 9:30 A.M. to 4 P.M. Labs and research work that may take students off campus are accomplished on Monday. Tuesday's and Thursday's classes are held in the morning, with training in the afternoon after lunch. Training begins at 9 A.M. Wednesday until lunch, after which classes are held until 5 P.M. Friday is a training day; no classes are held, although teachers are available by appointment for extra help. Teachers and coaches work together to coordinate each student's needs when competition warrants a change in routine.

Everything the MSA students need is within walking distance of the Academy House. Transportation to competitions is provided by the Academy vans. Occasional jaunts to Wilmington or West Dover are, with permission, accessible via Deerfield Valley's free public transportation system, the Moover.

Our emphasis is a comprehensive lifestyle conducive to personal, intellectual, and athletic growth. For this reason, the use of any tobacco, alcohol, or drugs other than prescription drugs is forbidden: any place, any time. If you anticipate having a problem with this policy, we do not encourage you to apply. If you are up to the challenge of counting yourself among serious student/athletes who love what they do—MSA could be your home too.

## **THE FACTS**

### **LOCATION**

Mount Snow Resort is located in West Dover, VT—nine miles north of Wilmington on route 100. Twenty miles west of Interstate 91 on Route 9 to Route 100.

### **APPLICATION & INFORMATION**

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### **ADMISSIONS**

Admission to Mount Snow Academy is based on the applicants' character and potential as a student, athlete, and member of the community. We expect applicants to be strong skiers and riders, although former competitive experience is not necessary. The strongest applicants are self-directed and motivated, both in the classroom and on the mountain.

### **AFFILIATIONS**

All students must join the Mount Snow Ski Club, USSA, and the regional or state governing body of their particular discipline: VARA, (Alpine); USASA, (Snowboard); and Eastern Freestyle, (Freestyle).

### **MOUNT SNOW SKI EDUCATIONAL FOUNDATION**

MSSEF is a not for profit organization registered in the state of Vermont and founded for the purpose of educating and developing youth interested in skiing and snowboarding. Its goal is to provide the facilities, accommodations, and scholarships necessary to encourage amateur competition.

## **NON-DISCRIMINATORY POLICY**

Mount Snow Academy does not discriminate on the basis of race, color, gender, national or ethnic origin, or sexual preference in administration of its educational policies, admissions policies, scholarships, and in regard to all rights, privileges, programs, and activities generally accorded or made available to students at the school. These same non-discriminatory policies pertain to the school's employment practices.

## **QUOTES**

“The one-on-one approach allows me to cover more material in a more thorough manner than is typically possible at the student's home school. There is great satisfaction in seeing the student's self esteem grow over the season.” Bruce Abedon, MSA Science Teacher

“One-on-one teaching lets students progress at their own rate, while forming productive relationships with the teacher. We are able to quickly zero in on each student's strengths and challenges, often seeing rapid improvement.” Meri Spicer, MSA Social Studies Teacher

“Teaching one on one at Mount Snow Academy allows me to raise the bar for each individual student and encourage excellence in each one.” Eve Eisenberg, MSA English Teacher

Academy students work hard and train hard because once they arrive, they can't help but love it!