

HVST

Founded in 1991, the Hidden Valley Ski Team (HVST) is a not-for-profit and independent alpine racing team based in Wildwood, Mo.

HVST consistently is ranked among the top 10 teams in the NASTAR national alpine racing program and has introduced hundreds of children to the thrill of alpine racing and competition across the Midwest and United States.

We're proud of our record, which includes 13 Junior Olympians and many WIJARA and USSA race champions.

Train Hard. Ski Fast. Have fun with HVST!



We don't forget the
FUN!

From practices to coaching and competition, Hidden Valley Ski Team promotes hard work, dedication — and fun. Throughout the year, we train like any Colorado-based alpine team.

Dryland Training: Preseason training every Fall

On Snow Training: At Hidden Valley Ski Resort

Big Mountain Camps: We offer opportunities to participate in our Annual Turkey Trip to Copper Mountain; NASTAR Nationals in March; and various camps and race events across the country.



Experience
the Thrill of
Alpine Racing

Come and experience
the thrill of alpine
racing right here in
St. Louis!

For More Information

Email: admin@hvst.org

Visit: <http://www.skihvst.org>



Join the
**HIDDEN VALLEY
SKI TEAM**

St. Louis, Missouri

Nationally Ranked Alpine Racing Team



The Hidden Valley Ski Team

Who Can Join? Children ages 5 to 18 who can ski under control and independently ride a ski lift.

When Do I Train? HVST holds weekly dryland strength training and conditioning sessions from September through November. Once the snow starts to fall, we move to on-slope training with facilities provided courtesy of Hidden Valley Ski Resort in Wildwood, Mo. Depending upon the level of racing, practices are held several times a week, snow permitting.

What Do I Need? Talk to us about equipment requirements at any time. There are specific helmet regulations for racing competitions and we can guide you on a purchase of new or used race skis.

What Does HVST Provide? All members receive group instruction from certified alpine race and snowboard coaches, grouped by age/ability. All members receive free NASTAR racing at Hidden Valley Ski Resort. Onsite race coaching also is provided to skiers competing in Wisconsin Junior Alpine Racing Association (WIJARA) and U.S. Ski & Snowboard Association (USSA) competitions.

How Do I Join? It's easy! Just visit our website www.skihvst.org to learn more about our organization and the levels of participation as well as membership costs. Stop by our HVST table at Hidden Valley Ski Resort or send us an email to admin@hvst.org if you have more questions.

Levels of Participation

Introductory Team – Trains on Saturday mornings. Focus is on basic skiing fundamentals and transitioning to introductory racing. Free NASTAR at Hidden Valley.

Development Team – Training on Tuesday nights and Saturday mornings for those interested in alpine racing competitions. Includes one USSA or WIJARA regional race.

Travel Team – Includes Development team program plus additional on-snow training on Thursday nights and weekend race coaching for all WIJARA & USSA alpine race competitions.