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Cover Design - James Clark

The Lakeville Journal, Falls Village, CT
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FRIDAY, FEBRUARY 3

Friday Night Lights

Target Jumping Under The Lights, 7 p.m.

Human Dogsled Race (After Jumping)

Admission \$15

Prize Money Donated by Churchill Family

SATURDAY, FEBRUARY 4

20 Meter & 30 Meter Ski Jumping
Competition, 9:30 a.m.

70 Meter Salisbury Invitational
Ski Jumping Competition

Practice: 11 a.m.-noon

Competition: 1 p.m.

Target Jumping

Sponsored by Low-N-Slow Barbecue

Snow Ball Fundraiser: 8-11:30 p.m.
(see page 28)

SUNDAY, FEBRUARY 5

70 Meter Eastern US Jumping
Championships

Featuring Junior National Hopefuls

Practice: 11 a.m.-noon

Competition: 1 p.m.

Target Jumping

Sponsored by Great Falls Brewing



PHOTO BY JOHN STRAUB

ADMISSION

Adults \$15 Saturday and Sunday

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For More Information

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Letter from the President

WELCOME!

Welcome to the 97th year of jumping here in Salisbury! Friday will start off our weekend with Target jumping in the evening followed by our annual Human Dogsled Race. Saturday morning will showcase our youngest and newest jumpers competing on our 20- and 30-meter hills. Late morning practice will happen on the large hill followed by a competition round to complete the day for the Salisbury Invitational portion of the schedule. The jumpers and their families will then be treated to a dinner at the Lakeville Hose Company put on by our volunteer firemen and women. On Saturday evening we invite everyone to join us at the Town Grove in Lakeville for the Snowball Dance which will run from 8pm to 11:30pm.

Sunday, we return in the late morning to the large hill for the Eastern States Championships. This portion of the weekend becomes important for our athletes as the Eastern Junior National Ski Jumping and Nordic Combined team is announced from the standings of this competition. In late February, the Junior Nationals will be held in Coleraine, Minnesota. SWSA and our partners at Mohawk Mountain hosted the Junior Nationals last February, as many of you remember. We would once again like to thank all the businesses and individuals who helped put on another great week of events for kids and families from across the country.

Many of our jumpers over the past year were fortunate to attend camp in Alaska for a week in the late spring. Both jumpers and parents saw how widespread and enjoyable these trips can be. The facilities in Anchorage are impressive and the hosts were willing to help in any way possible. From ski jumping, to hiking, swimming at glaciers and beyond it was an experience for the whole family and we are very happy they ventured there. We all realize that these kids needed to get back out and do things as well as their parents!

Eastern jumping is a very busy place this year and into the future. The Olympic Regional Development Authority (ORDA) along with the State of New York invested a large sum into the renovations for both the town and facilities of Lake Placid. They will be hosting the World University Games in mid-January 2023 throughout their multiple venues. The jumping complex underwent a multi-million-dollar renovation and is once again a premier venue in the United States. Later this winter, they will also be hosting a World Cup Ski Jumping event, the first since 1990. Our jumpers will have the ability to train at an amazing facility to further their progress in ski jumping and travel a relatively short distance to do so.

Most know that our facilities here in Salisbury are the training hills for those who want to continue to grow



PHOTO BY SEAN PATRICK FOWLER

Ken Barker

within the sport to compete at the Olympic and World Cup levels. SWSA and other eastern venues, along with their coaches, keep athletes moving forward and allow them to develop lifelong friends and mentors. During January the SWSA venue became a more used training facility as the Eastern skiers came to jump on our 70-meter hill. With our continued investments in snowmaking and grooming equipment, training weekends at Satre Hill outside of Jumpfest are becoming possible and needed. Training at Salisbury allows the athletes to train without traveling long distances for jump training on a 70-meter hill.

These next few weeks are an example as Lake Placid jumpers will come to Salisbury to train while the World University Games are going on. Our club and your support have helped us to offer such an option and we should all be proud of that.

IN MEMORIAM

While we continue to move forward and improve our club there are folks we lose along the way. As many know we've had and have quite a cast of individuals. There was Bam and George, there was Doc, then there was Bullet... now, unfortunately, Nic. Known by many and also known maybe as the "Bear" maybe "Ahhh-Oooh" or maybe just Nic Osborn. I came to know Nic as part of what happens here in Salisbury in February. His would be a first call asking what he could do to help before the jumps. Next it was what do you need during the weekend? Nic was always here to help for weeks ahead whatever time of the day or night and quite often one of the last to leave. I remember working on a snow gun one early evening by myself and next thing I heard was an "Ahhh-Oooh" coming from the woods beside the old judges' tower. There was Nic tele-skiing through the pines laying them flat like a bulldozer and loving every minute. Then there was the Sunday morning of Jump weekend when we had a few inches of beautiful powder snowfall. We all arrived early to work the landing hill, and someone who will stay anonymous (Nic!) had laid the most perfect set of tele turns down the landing hill knowing that there would be a lot of work to do to scratch them out. He quietly went about his fire starting, as always, with quite a grin on his face. His memorial service was held at the jumps, and nothing seems like a more fitting place. The program this year is dedicated to Nic, and we hope you'll take the time to read about him and his love for what SWSA is about.

THANK YOU

As always, we thank all the individuals and businesses that continue to support us throughout the season and year after year. Your continued support has and will make a difference in many kids' lives whether they continue within the sport or learn life lessons on what supporting youth programs can mean to young adults. Your help is greatly appreciated.

Ken Barker
 President

Salisbury Winter Sports Association

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Dedication: Nic Osborn *By Willie Hallihan*

Many have helped write SWSA's story over its near-century of existence; its founders, its athletes, teachers, helpers and characters. We lost one of those special people this year with the passing of Nic Osborn.

Nic was a Character. He owned a personality that somehow seemed both outsized and understated at the same time.

He eschewed convention, choosing to travel his own path, at his own pace, all the while endearing himself to everyone with his quirky ways - his ubiquitous bear hat and signature "Ahhh-Oooh" greeting.

But behind that quaintness lay a deep and fierce love and advocacy for our environment, Nature and its creatures. And it showed in everything he did: his love (and world-class proficiency) of kayaking and skiing, his art, photography and filmmaking, all aimed toward ecological themes.

It even showed in his whimsy. Many remember Nic's outrageousness at brother Eliot's annual Outerspace Band Halloween party. While most of the crowd arrived in witch or goblin attire, Nic's "costumes" were massive constructions - 10 foot high trees, birds, and reptiles that glided across the stage like land ships. And when the giant owl started to weave and wobble a bit, you knew Nic was dancing inside.

Maybe it was Nic's love of outdoor sports and what Eliot calls "his connection to community and desire to be part of a team" that drew him to Satre Hill nearly 30 years ago. Over those years Nic moved uncountable tons of snow to feed the in-run, shoveled and packed the hill anything that needed doing.

But his most visible job was his role as bonfire tender at Jumpfest. He went about that work as I suppose he did everything else in his life - at the speed of Nic, with his

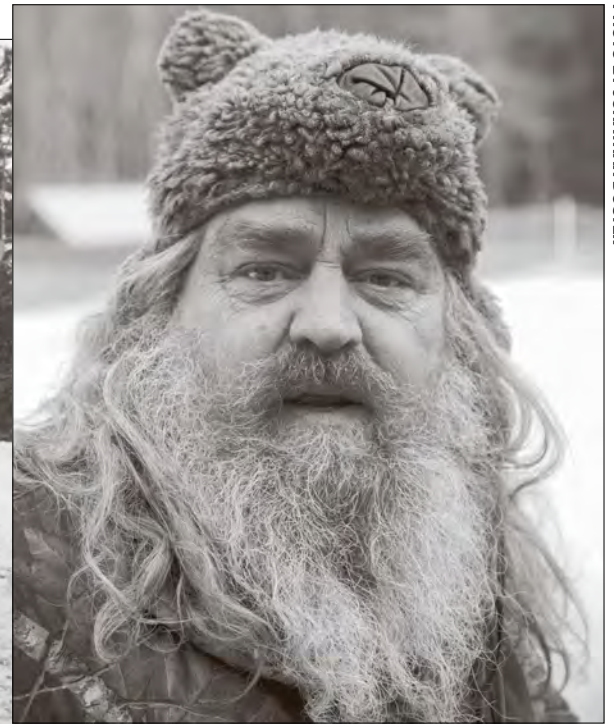


PHOTO BY JONATHAN DOSTER

calm demeanor, building and igniting his fire structures and then positioning himself like a king on his throne, holding forth before the throngs of visitors magnetically drawn to his presence. That image says as much about SWSA's essence as a picture of a jumper in flight.

This year the directors of Salisbury Winter Sports Association dedicate the 2023 Jumpfest program to Nic Osborn for his friendship, his giving spirit and his contribution to SWSA's lore.



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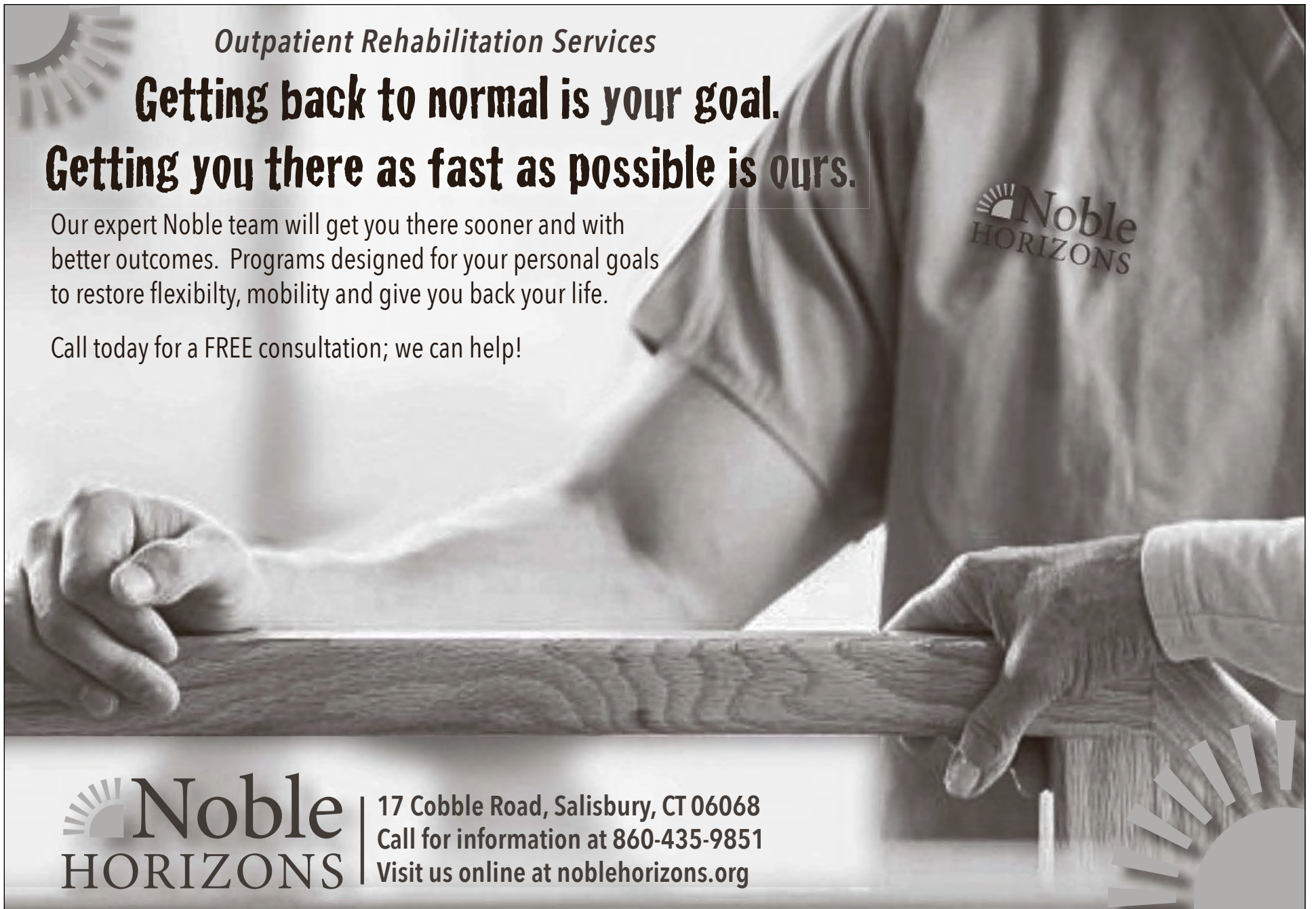
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A Vision of Winter at the Jumps *By Caroline Gilbert*

Nestled behind the town center are the ski jumping hills, a Nordic loop, and the town-owned Bittersweet Ski Hill. There is plenty to see and do “back behind” the town center. Make your way down the dirt road over the stream to see and hear the wonders of winter in a unique setting.

This time of year, the ski jumps are a hive of activity with hill prep, meetings, training, and events. The people of Salisbury Winter Sports Association gather at the jumps and face all weather challenges to promote its mission. The winter of 2023 will follow the patterns of any other winter at SWSA. There will be shoveling, snow melts, snowfalls, snowmaking, hill packing, and raking. Most importantly, there will be children and families who arrive to practice ski jumping and cross-country skiing. The parents will huddle around a fire. The jumpers will strap on their gear and walk up the stairs to perfect an in-run position, take-off, and flight. There will be falls and laughs, failures and triumphs. Guaranteed in practice and events are moments of triumph when someone moves to the next hill size: the first jump off the 20, 30, or 70-meter tower. The lessons taught by the coaches’ support challenges accepted, fears overcome, and skills improved.

For those who jump and volunteer at the hill there is a commitment to improving and learning. Team SWSA, the junior jumpers, lean into the hard work to consistently train throughout the winter. Some of the athletes also travel to competitions throughout New England. When the snow melts there is still training and for SWSA athletes that means travel to hills equipped for summer jumping. They travel as near as Lake Placid, NY, as far as Park City, UT and Anchorage, AK. Through it all the coaches and volunteers work to prep and maintain the hills and facilities.



PHOTO BY CAROLINE GILBERT

The future of SWSA is bright. There is a vision to continue to grow and expand. Soon SWSA will begin the steps to rebuild the small hills. There will be engineering plans, excavating, materials to purchase, and building. The future includes upgrades for year-round training. These upgrades to facilities will support the signature event of Jumpfest and the development of junior jumpers for year-round training at the home venue. Change is slow, obstacles beyond anyone’s control appear, but progress happens.

The two small hills are essential to support local jumpers and aspiring junior national competitors. The goal to go off the 70-meter jump during Jumpfest can

only be attained with continued work to improve the existing facility. Upgrades have occurred over the last five years: a Nordic loop, steel tracks, lighting, purchase of a PistenBully, and snowmaking. These upgrades allow consistent practices, regardless of weather. As the number of young jumpers grow SWSA responds by buying equipment, supporting travel, and creating a viable plan to rebuild.

SWSA provides events where people can be a spectator for a weekend, a participant for a day, week, or season. The camaraderie and growth continue from the past, present, and into the future. The future vision builds to support the SWSA mission and growth of past winters.

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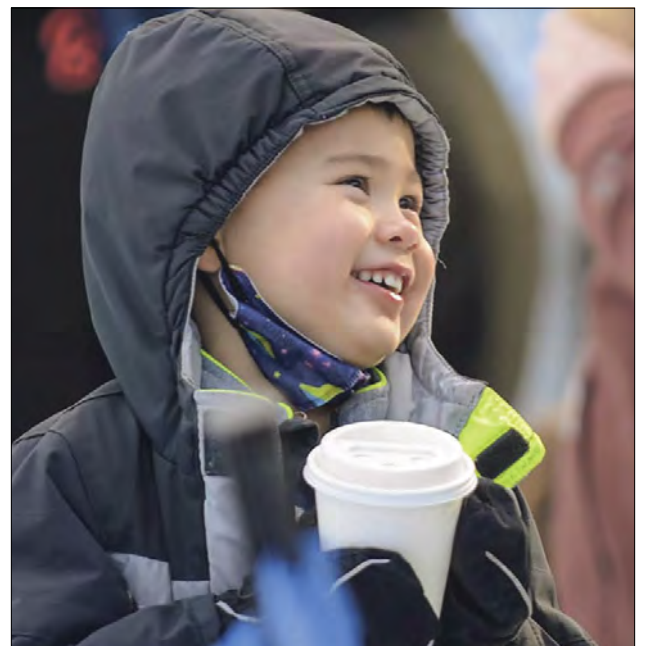
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Plans for 2023 Team SWSA Jumping

By Coach Seth Gardner

I am looking forward to Team SWSA getting back to ski jumping on snow in Salisbury. All of the jumpers made tremendous progress last season, and I am excited to see where this season leads. Our team has grown—both in numbers and in ages—over the last few years. This year we should see more of our jumpers moving from our 20-meter smallest hill to the larger jumps. I know that some even have their eyes on the 70-meter. There are also quite a few younger siblings of jumpers who have been watching the “big kids” jump and are getting ready to step up off the “bump jump” and onto the bigger (small) hills.

In the off-season Team SWSA continued to build a dry-land training routine using our roller jump. The roller jump develops balance and timing. Other dry land training included plyometric exercises to build explosive power, and conditioning. A practice typically starts with a rousing kickball or soccer game. These training sessions not only build strong jumpers, but also bring the team closer together.

This winter practices are held Monday and Wednesday evenings and Saturday afternoons. A typical winter practice begins in the Byrd House with lots of chatter as the jumpers strap on their jumping boots and get ready to climb the hill—a quick warm up followed by some “riding the landing hill” before going to the top of a jump. An athlete receives feedback after every trial and works through a slow progression to improve. When a jumper is comfortable and the coach gives the nod, they are able to move to the next skill or hill size. Incremental steps happen with persistence and support through these evening practices.

Last season, Team SWSA was well-represented at many competitions in the Eastern Division. I am hoping we will continue to increase our presence at the competitions this year. Travel to competitions allows jumpers to try different hill sizes and compete against other New England jumpers in their age group.

We are getting to know the athletes and coaches better and better. It is wonderful for our athletes to see their friends from all over New England.



PHOTO BY MARLENA AAKJAR



PHOTO BY KAREN BERTAPELLE



PHOTO BY DOUGLAS TURNEY



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Holiday Jump Camp 2022 *Photos by Caroline Gilbert*

The 15th annual Holiday Jump Camp was held on December 30 and 31 and was a huge success with 34 registered athletes! Warm temperatures and lots of enthusiasm made for a positive two-day experience of learning and improving.

The Holiday Camp is an annual tradition that allows current jumpers to get back on the snow and introduces eager skiers to try out the sport of ski jumping. The jumpers are coached and supported by a team of SWSA volunteers.

Coaching came from Seth Gardner, Caleb Gilbert, and

Ella Rydingsword, who are all former jumpers and participants at past Jump Camps. Caleb has attended, in some capacity, all 15 Jump Camps!

The camp is made possible by snowmaking that starts in November and the many volunteers who work to snow the in-run and hill. They were supported by a team of SWSA parents and Directors: Alan Bertapelle, Scott Fitch, Holly Reid, Brian Sangster and Serena Hollemeyer Taylor.

Team SWSA is looking forward to continuing the season with lots of enthusiasm that was jumping on December 30 and 31, 2022!





PHOTO BY SAV FRIEZE

How to Join Team SWSA

If you are interested in trying out ski jumping and Team SWSA email info@jumpfest.org
Practices are held on Mondays and Wednesdays 5:30 - 7:30pm, and Saturdays 12:00 - 2:00pm.
First time jumpers can join a practice for \$25 which will include membership to Team SWSA.
Membership includes everything you need to participate for the season:

- Weekly practices with our coaches
- Equipment loan for boots and skis
- Opportunity to compete in meets as a member of Team SWSA
- Registration to compete in Jumpfest

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2022 SWSA Awards Photos by Sav Frieze

SATURDAY

Louise Sherwood Memorial Cup
Awarded for the best single jump by a woman during the Salisbury Invitational

Sherwood Brothers Cup
Given to the best overall on the 70 M in the Salisbury Invitational.
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2022 Junior Nationals at Satre Hill, Salisbury, CT and Mohawk Mountain, Cornwall, CT *By Serena Hollmeyer Taylor*

Last year, Salisbury's Satre Hill and Cornwall's Mohawk Mountain were again at the center of the youth ski jumping and nordic combined world as the Junior Nationals championship events were held in Salisbury and Cornwall Feb. 22 through Feb. 26, 2022.

Teams from Alaska, Utah, Colorado, and the Central and Eastern Divisions converged on the Northwest corner to compete for the National Junior titles on the 70-meter jump and the Nordic course, specially prepared at Mohawk Mountain. Officials from all over the country came to Salisbury to judge, measure, calculate, and officiate the events. Given that the jumping and Nordic Combined community is a small and close-knit one, the meetings and events had the feel of a family reunion, with all the requisite laughing and reminiscing.

Despite hijinks off the hill, the competitors were serious and focused when it came to jumping and racing. This group of athletes likely included those who will be representing the United States on National teams, in the future, as well as the Olympic teams in Italy in 2026. Their

dedication and athleticism were obvious as they chased the hill record and flew around the course. Also present was the ubiquitous sense of camaraderie that comes with this sport. When an athlete was scrubbed from the roster due to a broken binding, a jumper from a competing team radioed to ask their coach to grab the necessary part from their bag so that their opponent could continue to compete.

The biggest opponent of the week turned out to be Mother Nature, with temperatures soaring into the 60s midway through. A large team of volunteers spent the majority of a night and morning pushing and packing snow onto the 70-meter jump to ensure that the competition could continue.

As with so many SWSA events, this one relied entirely on volunteers and support from the community—everything from making generous financial sponsorships, to taking photographs of the athletes, to raking out the snow.

SWSA thanks everyone who came to make this event worthy of the national spotlight.




PHOTOS BY SAV FRIEZE AND MARLENA AAKJAR



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Good luck to all the jumpers!




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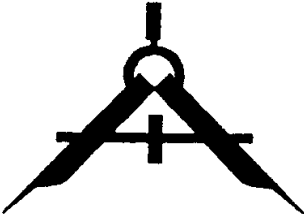




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Scoring Ski Jumping

A jumper's scores are based on a combination of style and distance. Ski jumping is about how far you can fly — not height or acrobatics.

STYLE

Style is based on two components: flight in air and landing. While an athlete is in the air the judges look for a stable body, fully stretched legs and how well the athlete capitalizes on wind conditions.

An athlete's landing is judged on a smooth transition from flight to landing position. The landing position is called a telemark. A proper telemark landing should have a straightened upper body, bent knees, split legs, feet apart with hands out when first gliding on the snow. Five judges score the athletes, with the lowest and highest scores thrown out.

Judges start with a perfect score of 20 and deduct points for flaws in landing or flight.

DISTANCE

An athlete's jump is measured in distance and converted to points. An athlete receives 60 points if they reach the K point. The K point refers to the section of the landing hill where it starts to flatten out and is usually marked by a red line. This indicates the hill size, for instance the K point here on the large steel jump is 70. A jump to the K point is worth 60 points; each meter over or under that distance increases or decreases the score.

COMPETITION

Traditional competitions follow a two-round format. Usually the second round is run in the order of lowest first-round score to highest, meaning the leading jumpers jump last in the final round.



PHOTO BY SAV FRIEZE

TERMS TO KNOW

In-run: The portion of the jump during which the athlete travels down the takeoff.

K-Point: The distance from the takeoff that is equivalent to the height of the hill.

Telemark position: Landing position with one ski in front of the other in a lunge position. The skier's body then transitions into a straightened upper body, bent knees, slit legs, feet apart and hands out.

V-style: Today's jumping style. The tips of the skis are in a V-shape during flight to achieve optimal aerodynamic efficiency.



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Thanks To Our Volunteers *By Willie Hallihan*

“It is when you give of yourself that you truly give.”
Kahlil Gibran

A changing of the guard has been taking place over the past couple of Jumpfests, but nobody really noticed... until this year. Long-time volunteer and bonfire tender Nic Osborn had been building and tending Jumpfest’s two bonfires for as long as anyone could remember. But with cranky joints and declining health he enlisted Orrin and Fisher Rydingsword, two brothers, former junior jumpers and members of the SWSA family to help him. Last Jumpfest, they pretty much did all of the heavy lifting under Nic’s direction.

Nic passed away this past October (see Nic’s dedication on page 5), and so this year, Jumpfest 2023, Orrin and Fisher will take Nic’s place as bonfire tenders.

This passing of the torch story could be a microcosm for the challenges facing SWSA, as well as the nonprofit community at large.

We often write about volunteers in these pages because they are so vital to our programs. Without volunteers there are no events: you have no fundraisers, and really, you have no organizations.

When nonprofits talk amongst themselves, what emerges is a common theme - that all of them could use more help. As the directors and volunteers of nonprofits age, they need younger help.

We at SWSA know how blessed we have always been with great partners willing to “give of themselves”. And in recent years an influx of new young families with

jumping children have embraced the spirit of volunteerism and stepped in to continue a long tradition.

When new junior jumpers arrive at Satre Hill they immediately become volunteers. The youngsters become acquainted with snow shovels and rakes and learn how to groom snow surfaces. Their parents learn about ski equipment and jumping techniques and become assistant coaches as well as shovelers and groomers. They give their time; they also bring new energy, ideas and skill sets.

They also lend these talents and time to SWSA’s Golf Tournament, Brew Ski Fest, Ski Swap and Sale, Holiday Jump Camp and Jumpfest. This past year all of our fundraisers were successful thanks to great weather and that volunteer effort, past and present combined.

I know all of our directors agree that SWSA has become a stronger, refreshed and more vibrant organization, thanks to our volunteers, long-time and recent, as well as the children- especially the children. Because, as clichéd as it sounds, they are our future.



PHOTO BY CAROLINE GILBERT



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PHOTO BY SAV FRIEZE

View from the Top

*By Carey Fiertz, Secretary,
Salisbury Winter Sports Association*

Why is it so cold up here? Where is everyone? Why am I up here all alone, and everyone else seems to be nice and warm by the bonfires, sipping hot toddies? Whose idea was this?

Between rounds, waiting at the top for jumpers to climb up and compete, one has plenty of time for contemplation. Whether it's at the top of the 20-meter jump, waiting for the horde of junior jumpers to scramble back up, or the 30-meter jump, wondering whether anyone will panic and climb back down, or indeed on the 70-meter tower, reliving Waiting for Godot and hoping for a better outcome, the starter has time.

Time to look down at the Satre Hill venue, which has grown tremendously over the past decade. Time to look at all the young jumpers—the future of the sport—who are so enthusiastic and dedicated. Time to consider what this will look like in a few years when the facilities are upgraded to permit jumping in the summer. Time to think about the donors, and our advertisers, who have given so generously to support our efforts. Time to think about the volunteers who work so hard to make Jumpfest the spectacle it has become. Time to think about the spectators without whom Jumpfest would not be possible.

Thoughts drift to the jumpers, who are so daring, whether they are flying toward a hill record or simply hoping to make their first jump a success. How about the parents? Driving their families to events and training all over New England year-round, hoping the kids will make the Junior National team and flying across the country to make new friends and memories. Some have their sights set on international competition, and even the Olympics.

Meanwhile, back in Salisbury, SWSA's juniors continue to thrive. We hope to have several make their Jumpfest debut on the 70-meter hill this season. We will rebuild our 30-meter jump, possibly as soon as this summer, and equip it and the 20-meter with plastic to allow year-round training. Longer-term, we may look at plastic for the 70-meter as well. Our new cross-country track worked well during last year's Junior National Championships.

Time at the top is also time to remember SWSA's earlier days, at least in my experience. The rickety old tower, with barely enough room for a starter and two jumpers, swaying in the breeze. The miserable climb back down after the competitions were over—icy rungs and splinters in the railings—and yet somehow it was wonderful to be part of such a special event with such special people. Happy to report that continues!

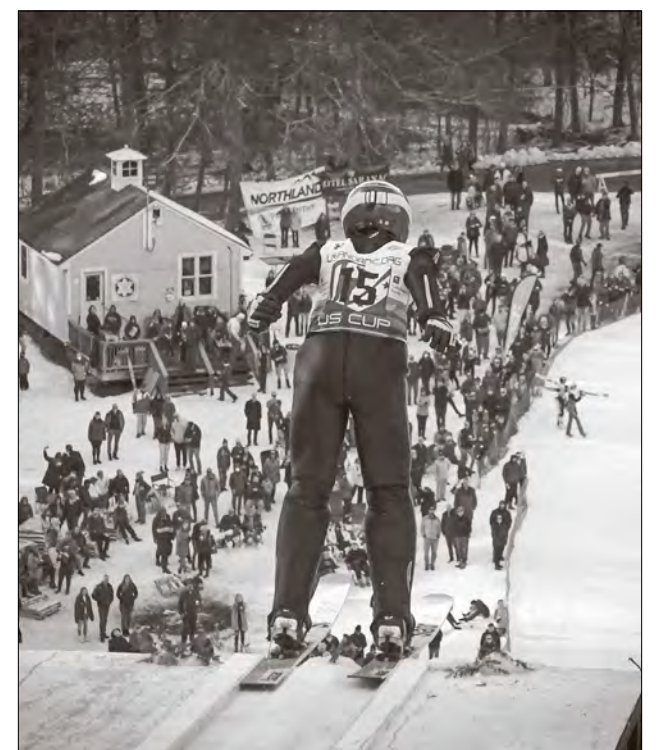


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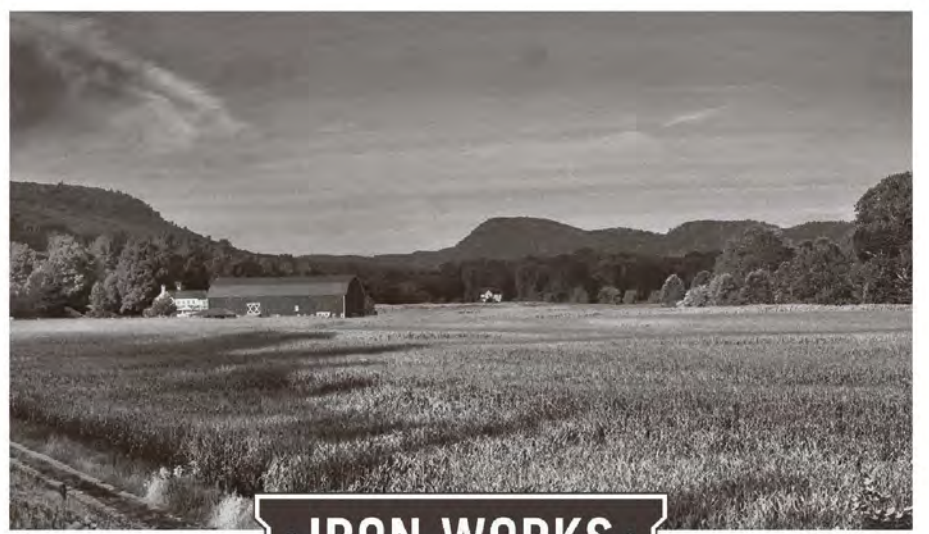
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SWSA Goes to Alaska *By Serena Hollmeyer Taylor*

Late June in Salisbury is when thoughts turn to swimming at the Grove, hiking the Appalachian Trail, and...ski jumping?

For a group of the Salisbury Winter Sports Association's youth ski jumpers, that's exactly what it meant for them. Six SWSA jumpers traveled to Anchorage, Alaska for a week of ski jumping.

Team Alaska and USA Nordic hosted a week-long ski jumping camp for athletes from around the country from June 20-25, 2022. Typical days involved warm-ups, conditioning, jumping, and coaching from Alaskan coaches, as well as SWSA's own Seth Gardner, and Salisbury native and Olympic coach Larry Stone.

Team Alaska also showed the athletes around their "backyard" with a group hike to Portage Lake into which the Portage glacier melts—all the athletes promptly jumped in before emerging with chattering teeth and huge smiles.

While the snow in the upper reaches of the Chugach Mountains was visible from the Karl Eid Ski Jumping complex in Anchorage, there wasn't a white patch to be seen on the jumps. Summer jumping involves the use of metal tracks and artificial grass that allows the skiers to slide down the jumps and land as if on snow. A common adage in the ski jumping community is "jumpers are made in the summer." The consistency of conditions on hills allows for training every day without the time-consuming hill prep that snow requires or weather delays. As SWSA looks to the future of the club and Satre Hill facilities the creation of a summer jumping program ranks high on the list of priorities.

Thanks to consistent conditions the SWSA jumpers improved noticeably during their trip, some progressing to the 45-meter jump. These practices inspired the young jumpers to keep the home hill in Salisbury, the 70-meter jump, in their sights for next year. The athletes and their

families were grateful to SWSA for the sponsorship provided to defray part of the travel costs.

"A trip like this does not only provide a look at another part of this country and its beauty, it also shows the importance of year round training and retention of athletes within the sport," said SWSA President Ken Barker.

The trip was also an opportunity for parents and volunteers to gather and learn from one another, discussing everything from fundraising to constructing new jumps. The ski jumping and nordic combined community is close knit and like-minded. Everyone is facing the same issues of less-predictable snowfalls, aging infrastructure, etc. This trip also provided a chance for parents to discuss how each club has approached the issues.

The families who participated in the trip arrived back in New England looking forward to the upcoming winter season. They are also excited to share what they learned about jumping, Alaska, and their experience.

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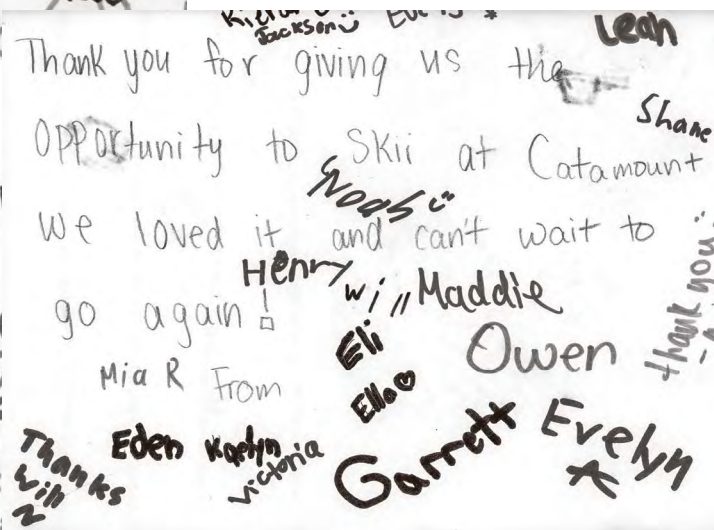
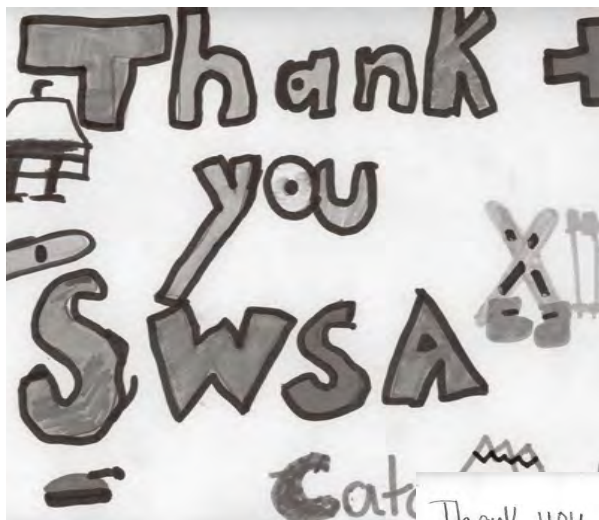
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Salisbury Central School 5th-8th Graders

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Progression of a Ski Jumper *By Ariel Kobayashi, Ski Jumping Coach and SWSA Board member*

Anyone jumping the 70-meter tower here at Salisbury knows that the sport of ski jumping is just as much mental as it is physical; these jumpers on our biggest hill often have spent years getting to this point in their ski jumping careers. They have had triumphs and personal records, but they have also had setbacks, falls, and likely some tears. This is a sport where improvement is often gradual and subtle, though sometimes marked by breakthroughs when a jumper overcomes a challenge and suddenly finds they are flying many meters further down the hill. Most jumpers can tell you a story of a time they were scared, often their first jump ever, or their first jump on a new or bigger hill; a skier's ability to persevere through this vulnerability is what builds the confidence necessary to being a ski jumper.

Ski jumpers often start as young as 5 or 6 years old. While there are only a handful of ski jumps around the Northeast, many ski jumping programs organize "Learn to Ski Jump" camps at the beginning of each winter, inviting children to try ski jumping for the first time. Most young children who choose ski jumping already have some skiing experience under their belt.

Here at Salisbury Winter Sports Association, we love newcomers! SWSA holds regular practices throughout the week in the evenings and daytime practices on the weekends. Children who want to try ski jumping can join us at our Junior Ski Jump Camp at the beginning of the season, or at any point during the winter! We provide all the ski jumping equipment necessary for becoming a ski jumper, including skis, boots, jumping suits and a helmet if the child does not have their own. Team SWSA travels to fun competitions around New England throughout the winter and parents often volunteer to help out at the jumps, joining a fun and



PHOTO BY SAV FRIEZE

welcoming community.

When jumpers start out, they start on the smallest jumps available. Here in Salisbury that is the 20 meter jump, all the way to the left as you look at the jumps. Many ski jumping clubs and facilities have even smaller hills, such as 5 and 10 meter jumps. These smallest jumps can be just a groomed and slightly shaped area of a ski hill with a very small drop off in the middle for the jump.

A first time jumper will begin by "riding the landing hill" of a ski jump, that is, skiing down the slope just below the takeoff of the jump. They do this either on downhill skis or with jumping skis, and the purpose is to get used to the feeling of skiing straight down the steep

hill without turning, and also to start to practice the "in-run position" while doing so.

Once the skier is comfortable with the speed of the landing hill and has begun to learn the in-run position, they can try the jump. This can be done with downhill skis or jumping skis, but once a child is sure they want to continue jumping they switch to jumping equipment. Often it is possible to take less speed at first, by starting half way down the in-run, or ramp of the jump. This can be a fairly gradual process where the skier gains confidence and builds up the courage to take their first leap and then to improve their technique and fly further down the hill.

Once confident and stable on the smallest jump, a jumper can start to make small changes in their technique, like getting into a lower in-run position, or pushing off with their legs while keeping their upper body low, almost horizontal, into flight position in the air. Ski jumpers need to pay close attention to making sure they are jumping exactly at the right moment; just when the tips of their skis are arriving at the takeoff of the jump. There are many elements to a ski jump that jumpers work on, one at a time. A skier has to make many small and large adjustments of their technique to be able to fly further and further down the hill.

Ski jumpers progress to larger jumps as their technique improves; coaches will only allow a jumper to progress to a larger jump if they see that that skier is stable and is completely ready for the next size up.

Learning to ski jump looks different for everyone! It can be a gradual process of building the confidence and technique necessary to jump further down the hill, but no matter what, it is always a rewarding journey, and one that builds confidence both on and off the snow.



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From The Salisbury Board of Selectmen

On behalf of the Town of Salisbury, welcome to the 97th annual Jumpfest. Sponsored by the Salisbury Winter Sports Association (SWSA), this unique event finds its roots in several of our town's ancestors who introduced us to Nordic winter sports competition in the 1920s. The program provides winter recreational activities for people of all ages, and over the years Satre Hill has attracted many National and Olympic championship jumpers, including several from Salisbury.

The SWSA program is run entirely by volunteers who donate long hours to ensure a high quality, competitive, safe, and fun event that teaches confidence as well as skiing skills. We are proud of their dedication and hard work

SWSA believes that there should always be a chance for any child to get outside and enjoy the winter, and over the years it has sponsored a ski swap, cross-country and downhill skiing, and increased jumping opportunities for younger jumpers. SWSA is an important part of a larger

recreational program in Salisbury that includes swimming, skating, tennis, baseball, soccer, paddle tennis, pickleball, and sailing. The town continues its restoration of the downhill area known as Bittersweet with a goal of providing children's downhill skiing in the future. In addition to winter activities, throughout the year, SWSA offers its facilities at Satre Hill for fund-raising events benefiting local charities.

We hope that you enjoy your visit to Salisbury and we appreciate your support of the important SWSA ski jumps. Please visit us online at www.salisburyct.us, and we hope to see you on a return trip during the spring, summer, and fall!

The Salisbury Board of Selectmen
January 2023



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Team SWSA 2022 recap *By Scott Fitch*

Building on the success of the 2021 Winter season Team SWSA continued to develop, improve and find more enjoyment in jumping this past winter. Thanks to the coaching of former Team SWSA members Caleb Gilbert and Seth Gardner the athletes took to the hills and pushed their limits. Nearly every team member achieved a personal record, jumped a larger hill, or both! After record attendance (despite frigid temperatures) at the Winter Jump Camp the team held 20 practices with 20 athletes joining. This consistency paid off over the rest of the season.

With the season kicking off at Jumpfest, Gus Tripler and Hazel Taylor both hit personal records (PR) on the 20-meter, while Quin and Henry Sheil competed for the first time. Victoria Bertapelle jumped our 30-meter for the first time and landed perfectly among the rousing cheers of the hometown crowd. Islay Sheil, Isaac Fitch, and Merrick and Carley Bannerman all tried out the landing hill of the 70-meter, getting them ready for the big jump in the future.

The team headed north to compete at the Mount Washington Valley jumps and the newly renovated and constructed Nansen Ski Jump in Milan, NH. Islay Sheil completed her first jump on the 39-meter hill. She bested that hill size a few weeks later at the Empire State Games, where she was joined by her teammates Teagan McConnell and Carley Bannerman, who all jumped the 48-meter hill at the Lake Placid jumps for the first time. At the same event, Merrick Bannerman hit a PR with a long jump of 33 meters. Edward Bertapelle rode the 48-meter landing hill for the first time, an important first step before moving up a hill size.

Notably, more SWSA athletes hit the road last season with seven competing at the Empire State Winter Games, second only to the local NYSEF team in partici-



PHOTO BY SAV FRIEZE

ipation. The strongest participation came at the Annual Mud Meet in Lebanon, NH. SWSA was well-represented by 12 Junior competitors and seven parents (far more parents than any other club!) SWSA jumped the 10-meter and the 25-meter, raced on a .5km cross country course, and slalomed down the main trail. Victoria Bertapelle and Carley Bannerman took 1st and 2nd, respectively, in the Ski Meister Open category. Team SWSA is looking forward to this year's Ski Meister after our youth have a season of cross-country practice on our new loop. In addition, a few jumpers will likely be jumping the 50-meter on Heistad Hill in Lebanon, NH.

At the heart of the season was the enthusiasm and energy that the team brought to every practice and



PHOTO BY MARLENA AAKJAR

competition.. Several Eastern coaches said that when SWSA comes to an event they know they'll have a good turnout. Team SWSA knows that the key to success comes from both dedication and fun; organizing social events off the hill as well as working hard on the hill. During the Norwegian Open in Lake Placid, SWSA organized a bowling event with the Andover Outing Club, Lebanon Outing Club, and Ford Sayre. This gave the athletes an opportunity to meet and hang out with each other in a different, warmer environment.

The team is looking forward to the 2023 season. Keep an eye on our new website www.jumpfest.org for updates on competitions and practice schedules and come cheer on Team SWSA!

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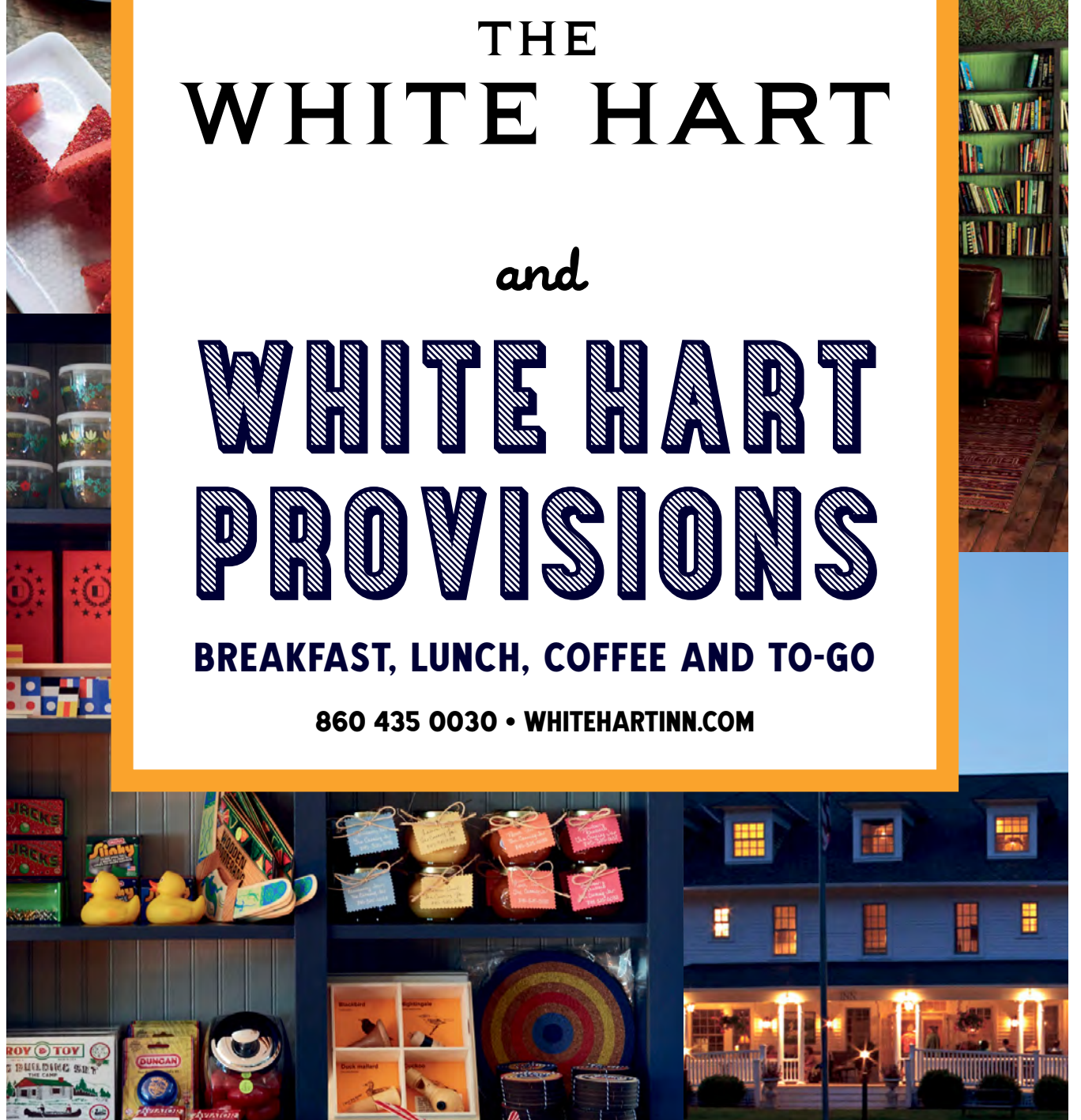
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SWSA MISSION STATEMENT

The mission of the Salisbury Winter Sports Association is to acquaint our nearby communities, especially the children, with Nordic ski-jumping, cross-country and Alpine skiing, and to teach the skills necessary for their enjoyment and lifelong pursuit. As part of its mission, SWSA hosts and perpetuates the annual ski-jumping competition on Satre Hill to sustain ski jumping in Salisbury and the Eastern United States.
WWW.JUMPFEST.ORG

Eastern Ski Jumping is Growing! *By Jed Hinckley*

Visibility is key to the continued growth of our sports of Ski Jumping and Nordic Combined, and yet visibility on major TV networks, or streaming on NBC and Peacock, is getting harder and harder to find these days. So what are ski jumping fans to do? Go watch it live!! This winter, those living in the East will have more opportunities than normal, with World University Games and an FIS Ski Jumping World Cup coming to Lake Placid, January 16-20 and February 10-12, respectively. Having such high-level events in the US is an amazing step in the right direction for our sports and an important piece of the resurgence of Eastern programs and athletes on the National and World stage.

Some people may be unclear as to what these events mean, especially with the recent soccer "World Cup," so let's provide some clarity. Unlike the FIFA World Cup, the International Ski Federation (FIS) World Cup is a series of events that happen every year, kind of like the regular season NFL, NBA, etc. This means that the best ski jumpers in the world, the ones who will compete at the next Olympics, will be coming to Lake Placid to show off their skills with jumps nearing 130 meters or 430 ft. And this level event coming back to Lake Placid is a big deal because the 1980 Olympic Venue has not held a Ski Jumping World Cup in over 30 years.

World University Games on the other hand, is an event that brings together the best college athletes in the world. It is basically the equivalent of the Winter Olympics for college athletes. Ski Jumping and Nordic Combined are two of the many events.

The Northeast already has many great ski jumping events every winter, including Jumpfest in Salisbury, CT and Harris Hill in Brattleboro, VT, which just celebrated its 100th anniversary. Soon, we will see the revival of Big Nansen in Berlin, NH, which hosted its first event in nearly 30 years on its new smaller hill last year, and we are excited



PHOTO BY CAROLINE GILBERT

for a potential tournament with all these hills in the future.

Many of you reading this have likely attended one of these events. If so, you know these are not just sporting events but cultural events, and so much fun! Music, fire pits, food trucks, beer gardens, human dog sled races, and of course the roar of the crowd as ski jumpers soar through the air, sometimes approaching or passing a football field in length. These are a part of skiing culture in the Northeast both past and present, but what some spectators may not know is that all these clubs also have junior programs to go along with the big events. These programs are producing the athletes that will be competing for the coveted cups years from now.

Ski jumping is an amazing opportunity to be outside in the winter, a thrill to watch, and a great way to build confidence in kids, and be part of a community that is keeping the tradition of winter sport alive and thriving. So, get out and check out one of these events this winter and sign your kids up for a program if there is one near you. You will not regret it!

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Matt Risch lets it fly. PHOTO BY LISA SHEBLE



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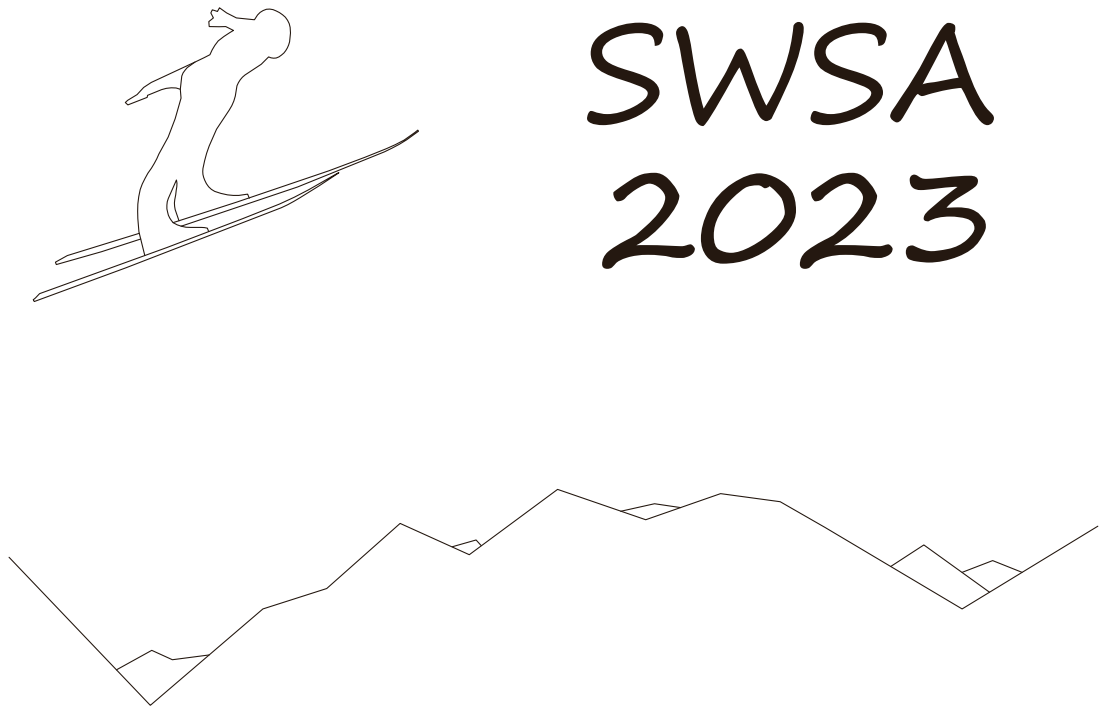
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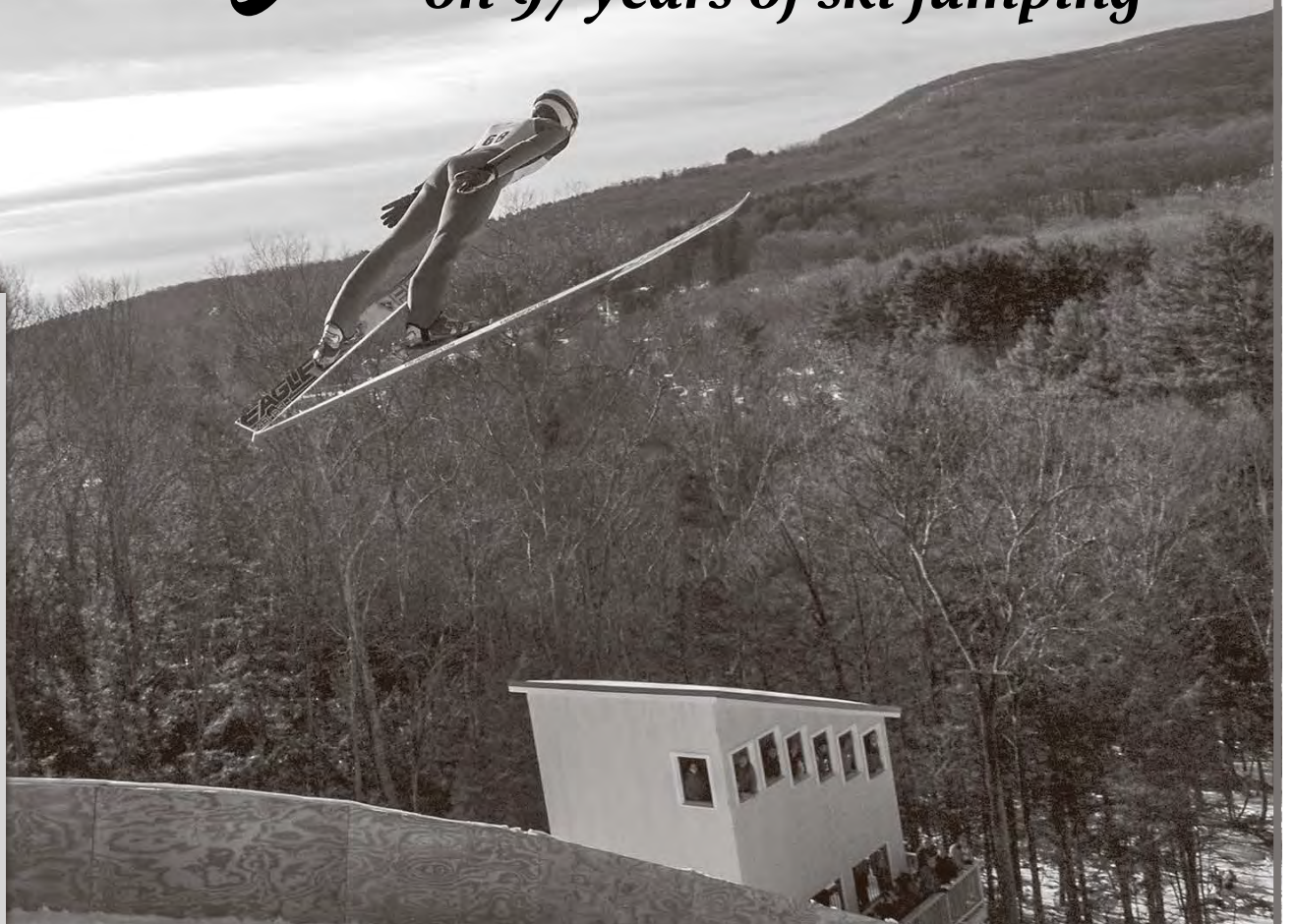


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