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## 99th Annual Jumpfest 2025 January 31, February 1, 2 • Salisbury, CT

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*Cover Design - James H. Clark*  
**The Lakeville Journal, Falls Village, CT**  
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 James H. Clark, *CEO, Publisher*  
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#### FRIDAY, JANUARY 31

##### 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 1

**20 Meter**

**Competition, 9:00 a.m.**

*Awards to follow at Satre Hill*

**70 Meter Salisbury Invitational Ski Jumping Competition**

**Practice: 11 a.m.-noon**

**Competition: 1 p.m.**

**Target Jumping to follow**

*Sponsored by Low-N-Slow Barbecue*

**Snow Ball Fundraiser: 8-11:30 p.m.**

*\$20 adult admission*

#### SUNDAY, FEBRUARY 2

**Pancake Breakfast, 7-10 a.m.**

*American Legion Hall, Millerton, NY*

**70 Meter Eastern US Jumping Championships**

*Featuring Junior National Hopefuls*

**Practice: 11 a.m.-noon**

**Competition: 1 p.m.**

*Awards & naming of Eastern Junior National Team Immediately following*



PHOTO BY JOSHUA SIMPSON

#### ADMISSION

Adults \$15

Friday, Saturday and Sunday  
 Children 12 And Under  
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#### For More Information

**Contact SWSA:**

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[info@jumpfest.org](mailto:info@jumpfest.org)

[donors@jumpfest.org](mailto:donors@jumpfest.org)

# VERNALI CONCRETE



## Letter from the President

Welcome to the 99th year of ski jumping at Satre Hill!

As in years past our weekend will begin Friday night with Target jumping under the lights followed by the Human Dog Sled race to finish out the evening. Saturday morning will include the Junior meet on our 20-meter with skiers participating from throughout New England and New York. Later in the morning we will move to our 70-meter hill and have the Salisbury Invitational Competition. Saturday evening will conclude with the Snowball at the Lakeville Grove building with live music, beverages and giveaways. Sunday, we return late morning to the large hill for the Eastern States Championships. Jumpers on Sunday will also be named to the Eastern Junior National team, which this year will be held in Park City, Utah during the first week in March.

As you make your way around the facility, you'll also see many different organizations from within the area helping and benefiting from this weekend and your generosity. The Lakeville Fire Company Ladies Auxiliary, Sunday in The Country Food Drive, Salisbury Central School SOAR program, Red Hawks Hockey, and Eastern Ski Jumping are all here and appreciate your support.

As we approach our event this winter, we look back over the past year and realize how much we set out to do and how much we've accomplished as a club. A year ago, in November we were in the design phase for our new 36-meter jump. By January 2024, we were setting up our campaign committee and its members. In February, we announced the "Launch," and showed our design and how to help reach our final goal. Thirteen months later our capital campaign is winding down, demolition of the old tower and hill is complete, earth work has begun, and the steel beams parts and pieces are currently being fabricated in nearby Canaan CT.

It takes dedication and belief in a club. Its mission is to make these things come to fruition. For many Directors this is our second major capital campaign, since we originally rebuilt our large hill in 2010-2011. No



**Ken Barker**

matter which campaign we were working toward, no one worked harder for fundraising than our Treasurer, Jon Higgins. His 45 plus years of service to this club are impressive, as well as his commitment to our mission statement. It has been our pleasure to have worked with him on SWSA events. It would be hard to put into words how much his hard work has helped propel this club forward over the years. This year's program is dedicated to Jon and his involvement in all things SWSA. Please take the time to read his dedication, and thank him, as he is usually the first face you see walking into Jumpfest and the last as you leave. We say "thank you Jon" and look forward to your help and guidance moving forward.

Like many things in town SWSA is run by volunteers who work hard to provide a service or unique experience to the community. Our club, like the Lakeville Hose Company or the Salisbury Volunteer Ambulance, is always in need of people who would like to give back or help out in the community. If you like the outdoors, appreciate the winter season for what it can be, or want

## 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**

to just learn more about the sport of ski jumping feel free to contact any of the Directors here if you'd like to get more involved in SWSA.

We are approaching our 100th year of jumping here in Salisbury and plan to continue that legacy moving forward. These experiences for the area's youth are important steps and make our community such a special place to grow up in and live.

Unfortunately, every year we seem to lose some folks who have been part of SWSA.

Cathy Sherwood was a wife and mom to some very special volunteers from the past and present. She would send the whole family off to the SWSA parking lot behind the tractor with Bullet at the helm or out in their pickups to "blow doughnuts" as they got older! She undoubtedly heard a few wild things within those walls. She had the "patience of a saint" I'd say!

Mark Grusauski was a husband, a pilot, banjo player, skier, a fixer upper, inventor and most importantly a FUN guy to be around. Over the years Mark's involvement in SWSA covered a wide range. He helped with snowmaking and grooming etc. He was a jumper for a while on all three hills. He was a jump boot cobbler and a jump ski laminating tech for a hot minute! Mark could hop in anywhere and be right at home and talk about any subject you brought up about skiing or non-ski related. He and his wife Laurie would always have some very impressive setups on the outrun for Jumpfest weekends. Mark loved these jumps and what they stood for.

Please take the time to read the remembrances for these two individuals. We thank them both.

We cannot thank all of you enough for your generous support of what we do for the youth of our surrounding communities as well as those that travel from afar to this little town for almost 100 years. We look forward to another great year, and we continue to work hard to make you proud to call SWSA part of your hometown.

**Ken Barker**

*President*

*Salisbury Winter Sports Association*

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## Dedication: Jon Higgins *By Willie Hallihan*

We are entering our 100th year at SWSA, and Jon Higgins has been involved for nearly half of it- he became a volunteer during Jimmy Carter's administration.

Jon was introduced to SWSA when Audrey Whitbeck asked him to give a ski-waxing clinic to the Club directors. Jon owned the Village Store back then and knew about such things. Shortly after the demonstration, he was asked to join the board. He became part of the "decision maker" group that gathered in the back of the Salisbury Pharmacy just before the annual Eastern U.S. Ski Jumping Championships to decide if snow conditions warranted a "go" or a "cancel".

Around 1980, to help counter the no-snow winters, Jon, along with Bill Genito and Sonny Brazzale, made an early attempt at snow making, drawing water via fire hose from nearby Moore Brook to feed a vintage snow gun. The attempt was not very successful, but it ushered in the new era of snowmaking that is vital to today's ski jumping programs.

Around the same time, John Bartram, who was selling tickets out of his car, asked Jon for help. Jon, once again stepped up. He brought his old pop-up camper to the front gate, the same funky, oft-photographed structure that we use today, with Jon still inside selling tickets at Jumpfest. In addition to working on the hills and selling tickets, he has served as SWSA's treasurer for decades.

Back in the early 1980s, Jumpfest was still a one-day event, the Eastern U.S. Ski Jumping and Nordic Combined Championships. Jon noticed that many visitors came to watch practices on the day before the event. He saw this as an opportunity for SWSA. He started selling tickets on "practice day" which later became the Salisbury Invitational in Ski Jumping on Saturday. His initiative helped Jumpfest evolve into a weekend of ski jumping and winter celebration.

Because Jon always had a healthy collection of used ski equipment at The Village Store, his contribution to the annual SWSA Ski Sale, (held at the Grove building in Lakeville back then) made an impressive addition to the sale's inventory - he still works the SWSA Ski Sale today.

But perhaps Jon's greatest contribution to SWSA over the years has been his talent for fundraising. He helped Bill Appleyard raise around \$10,000 for SWSA's 75th Anniversary activities; he served a vital role in raising \$800,000 for the new 70-meter tower in 2010-11; he helped to coordinate the fundraising efforts for each



PHOTO SUBMITTED



PHOTO BY BARRIE FISHER

The hard-working ski jump ticket salesmen, (left) Michael Galvin and Jon Higgins.

of the three Junior Nationals in Salisbury and, this past year, he played a major role in completing the capital campaign to build a new 36-meter tower. His guidance and leadership have been invaluable in navigating fundraising efforts over the years.

Jon is an invaluable asset to SWSA, seamlessly blending creativity, action, and financial expertise to move our mission forward. He brings fresh perspectives by brainstorming solutions to challenges and spearheading outreach efforts, Jon is always at the forefront of ensuring SWSA thrives. Beyond ideas, he also takes action, turning concepts into reality with unwavering commitment. With his passion, dedication, and expertise, Jon truly exemplifies the heart and backbone of SWSA.

Jon has given his time and energy to other local



PHOTO SUBMITTED

boards and commissions over the decades- Salisbury Family Services, Salisbury Association, Salisbury Marketplace, Salisbury Volunteer Ambulance, and Salisbury Planning and Zoning. And as a successful businessman, Jon employed many local people, elevating them to careers they might not have thought possible.

SWSA is proud and grateful that he chose to share so many of his talents, ideas, and good will with us.

This year, the Directors of the Salisbury Winter Sports Association dedicate the 2025 Jumpfest program to Jon Higgins for his wisdom, heart, talents, humor and years of service.

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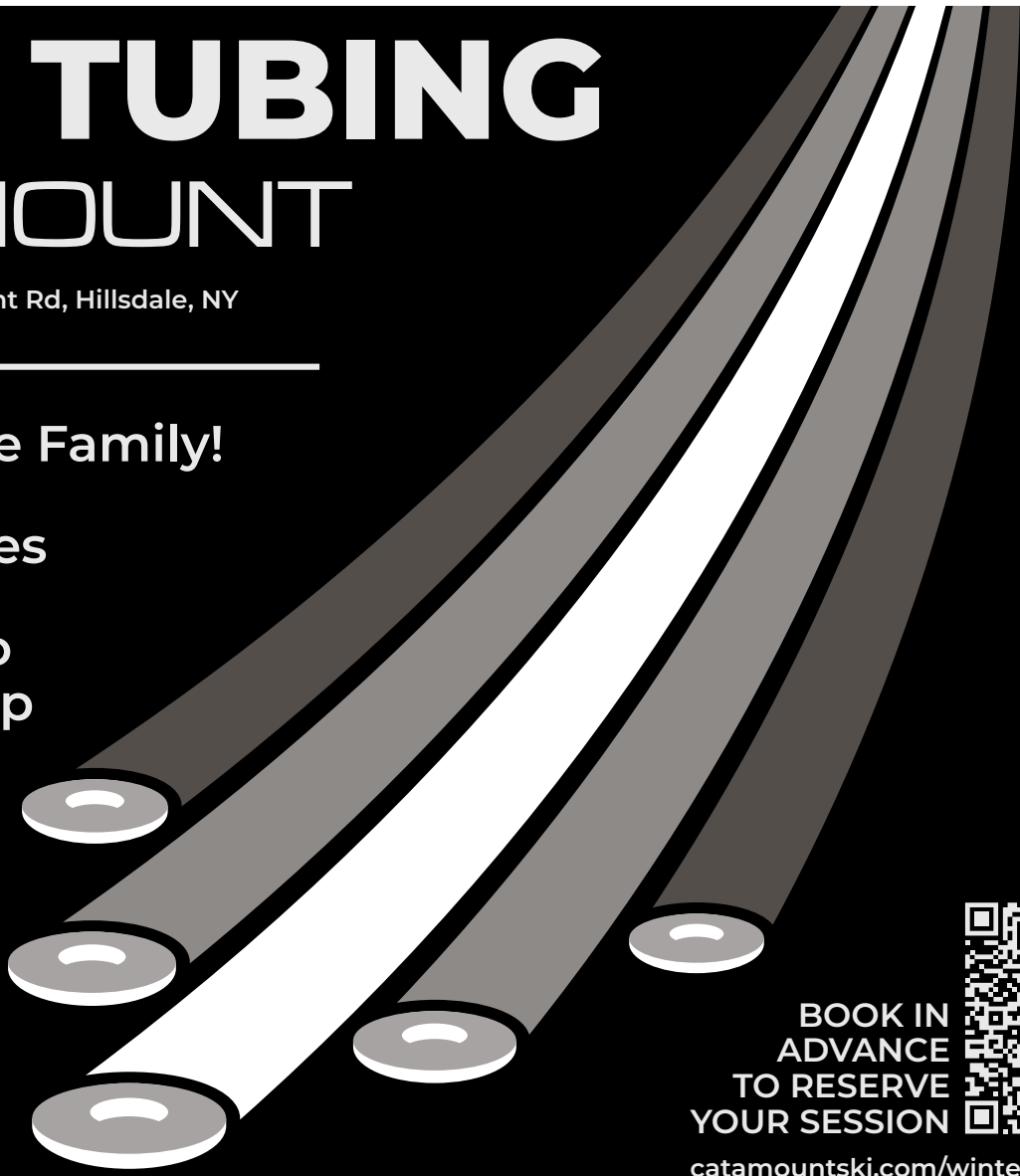


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## Remembrances



### CATHY SHERWOOD

SWSA lost a long-time friend and supporter when Cathy Sherwood passed away November 9th in Salisbury.

Cathy was a constant presence at SWSA events for years, and she was also the matriarch of a family of SWSA volunteers. She supported competitors and volunteers throughout the weekend.

Her husband Bullet served as the Jumpfest "gate keeper" for many years while Cathy's children- Joey, Thomas, Billy and Jessica have filled a variety of helpful rolls such as traffic control, road maintenance, cook shack and more.

And, although we still see some of their faces at SWSA events; we will certainly miss hers.

### MARK GRUSAUSKI

SWSA lost another long-time friend and volunteer this year. Mark Grusauski passed away on December 15th in Salisbury. Mark was a multi-talented craftsman and adventurer. He was an aviator, skier, builder, fabricator, banjo player and much more. He brought those talents to bear during his 20 some years volunteering for SWSA. Well, maybe not the banjo playing...

He helped with making snow and grooming the landing hills, and during jumping competitions, he would fix boot problems and fix broken binding emergencies. He could do almost anything.

He even jumped off both the 20- and 30-meter hills, and then to the amazement of SWSA directors made an impromptu jump off the 70-meter hill in his alpine skis-Gelände style jumping!

One year, he entered the annual ice carving competition, creating a labyrinthine ice structure that dispensed tequila cocktails which he handed out to passersby.

We will miss Mark, but the stories live on.



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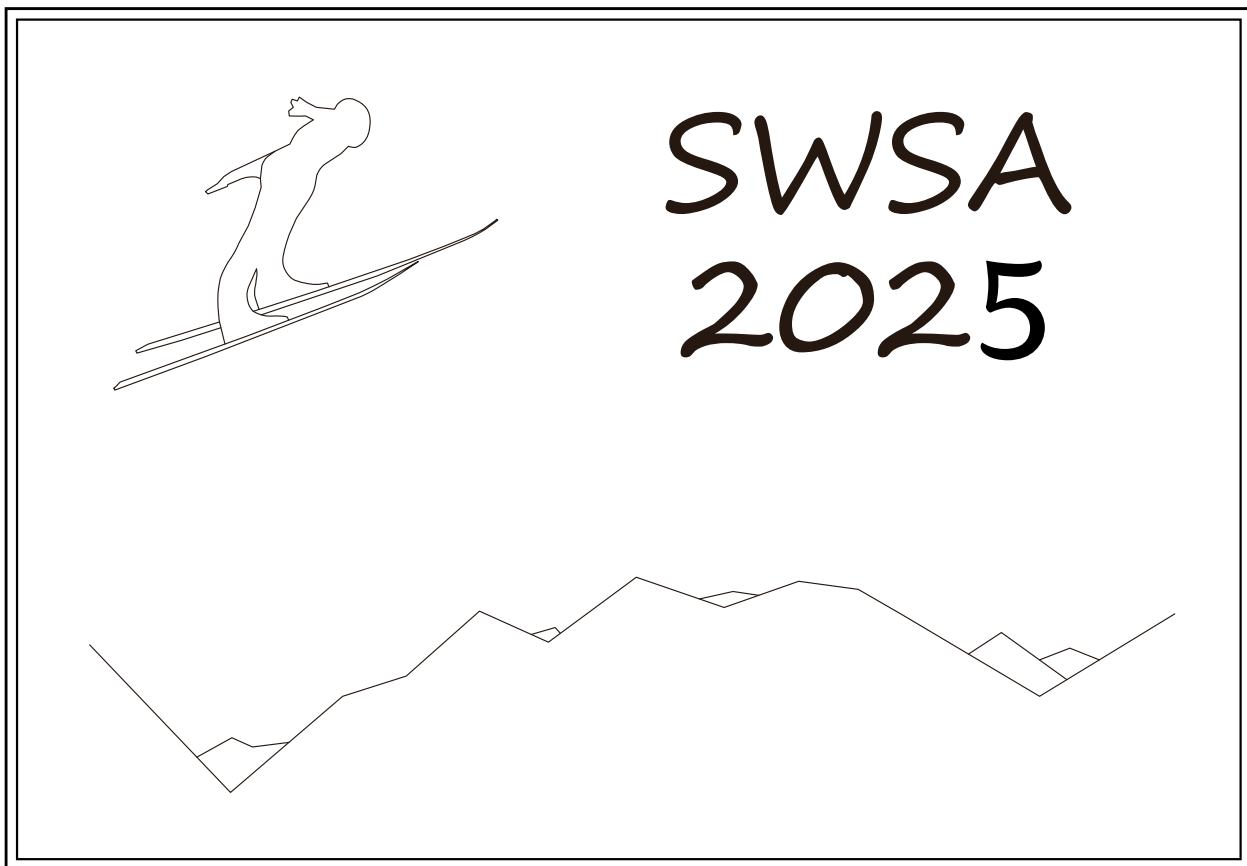
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PHOTO BY CHERYL TOURVILLE



## Are you Ready?

By Caroline Gilbert

Do you remember when a snow day was a day of celebration and possibility? Joy and laughter of children when the snow falls, building snowmen, throwing snowballs, snowshoeing, and skiing on the coldest of days fuel those memories. SWSA is also built on the idea that snow days are a celebration. The tradition of sliding on snow and sharing a passion for winter is the foundation from which all else builds.

Not many communities have a non-profit with 99 years of continuous outreach, never mind a towering ski jump that watches over the town. Yet, Salisbury is that town in which every winter there is reason to celebrate the cold and snow. For 99 years, SWSA has supported local and area children to ski jump, alpine ski, cross-country ski, and celebrate winter.

Are you ready for the next 100 years? Sitting on a start bar at the top of the 20-meter, 30-meter, and 70-meter jump requires courage and faith. Each hill requires a jumper to trust their training, to let go, and see the bottom. An organization must trust their mission and goals, to remember when it all started and ask, "what if?"

SWSA has the courage to believe in the possibility of the next 100 years. What if we rebuild the intermediate hill? What if Satre Hill becomes a year-round ski jumping facility? What if SWSA believes in the vision? Look around, it is happening!

Courage is a word often used to describe ski-jumping. Sitting on a start-bar waiting for the flag to drop, to let go, and slide straight down to a take-off point requires every jumper, beginner to national athlete, to believe. To support the jumpers requires coaches, snowmaking, and a facility with multiple training hills. Part of this belief requires a vision for the future with year-round jumping, where athletes from around the Northeast travel to Salisbury in the summer to train on the only 70-meter hill in the region and train on the new 36-meter intermediate hill, where dreams are built.

Remember the stories of when prepping the jump hills required driving around town to hockey rinks to pick up snow and shoveling a snow pile into a truck to get it to Satre Hill? Today, there is snowmaking, a PistenBully groomer, and still shovelers. The tradition of ski jumping in Salisbury continues to build and encourage children to challenge themselves to reach further and have the courage to believe.

SWSA is ready for the next 100 years because people support and believe in a vision where children learn the courage to take each jump one step at a time - to reach for the next level - to believe in themselves and the community.

Are you ready? Salisbury Winter Sports Association is prepared to launch!

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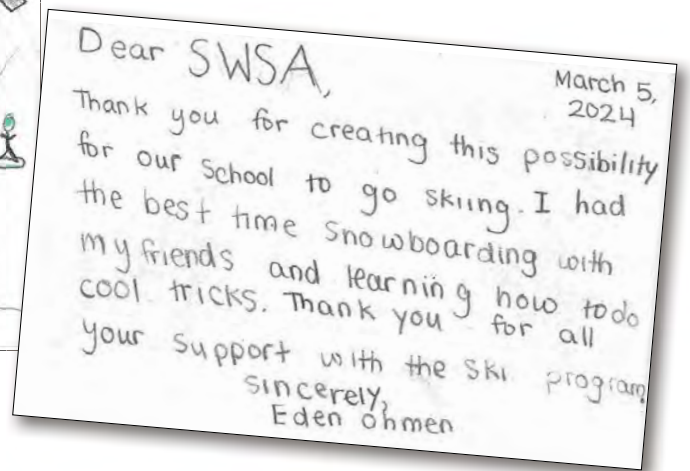
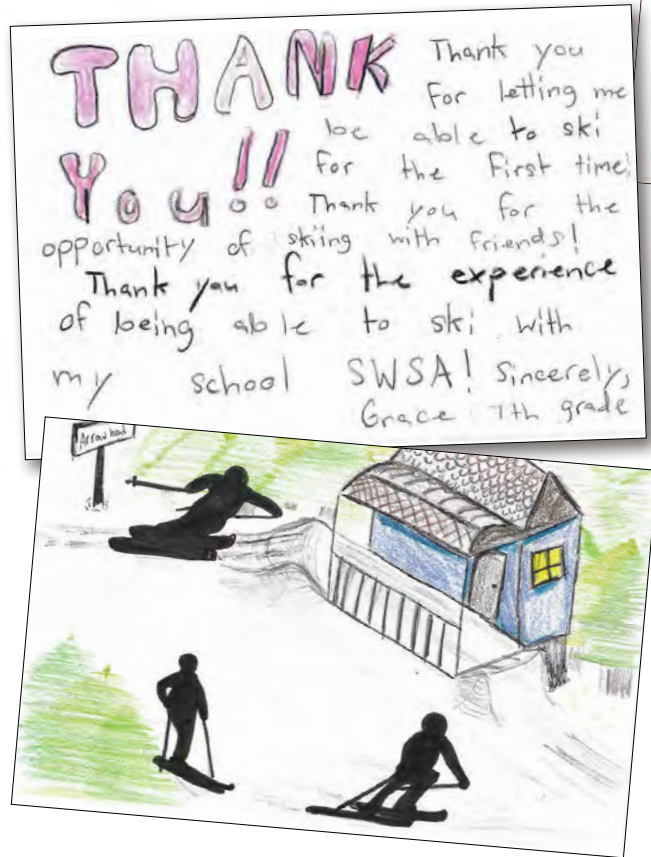


## SCS Goes to Mohawk Mountain *By Caroline Gilbert*

SWSA financially supports local school ski programs of Salisbury, Falls Village, North Canaan and Webutuck.

A long tradition at Salisbury Central School is for students grades 5-8 to learn to ski at local a mountain. The experience includes a ski lesson and free-skiing time with friends. The community experience allows the children of SCS to embrace the winter fun of sliding on snow.

Salisbury Central Students say Thank you!



“ As a teacher at Salisbury Central, I’ve had the privilege of chaperoning the ski program for the past 20 years. Not only do the 5th through 8th graders look forward to winter each year because of this special time outside with friends, but they also mature a great deal due to the perseverance and independence that the ski trips require. As a parent, I can say that this program truly stands out in that we’re able to go during the school day, ALL students are able to ski or snowboard regardless of experience or financial need, and that we now go five times during the season thanks to SWSA, SCS, and Mohawk. We are so pleased with Mohawk Mountain - it’s a manageable size, and the learning area is perfect for our new skiers. We’re so thankful to SWSA for all their support in making this program happen each year!

*Barabra Carr, 4th Grade teacher,  
Salisbury Central School*

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## View from the Top *By Carey Fiertz*

Big mistake--I climbed up the 70-meter tower in mid-October. Partly to remember how to do it, and partly to check things out. Would the gate numbers be legible? Was there any damage from the summer off-season?

The gate numbers were fine, and there was no real damage to anything. However, an animal or two had apparently decided to move into the shelter at the top. Happily, for me, the place was uninhabited, at least during my visit. However, the critters had left some, ahem, calling cards.

Keeping in mind that the top is at least 60 feet from the ground, and that climbing it involves stepping on metal grates for at least 20 stairs, and the distance between the start gates requires stepping up about 2 feet for 15 times.

Our visitors were clearly dedicated climbers, and had made the journey easily a dozen times. There was no sign of nesting or eating, just a fantastic view and quite evidently a great place to relieve oneself.

This got me to wonder. Whatever inspired them to climb that far? For that matter, why does anyone in their right mind climb up the tower, only to jump off it? Some even supervise the start of jumping competitions for hours in all kinds of adverse conditions and then climb down. Perhaps such people are not in their right minds. Don't ask this writer.

The dedication of the SWSA community is remarkable. Many of our volunteers have served for decades. Our donors are equally faithful and generous. Could SWSA's aura that entices such human commitment have been transferred to some animals that will now make annual contributions? What will they do when we start jumping year-round?

Be sure to ask me next year....




PHOTO BY JON CAPECELATRO

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## Tradition and Vision *By Willie Hallihan*

Much has changed in SWSA's world over the past 100 years. Jumping techniques have switched from the parallel classic to the "V" style; jumping equipment has become lighter, stronger, safer, and more reliable; snow has shifted from natural to man-made; the towers themselves have evolved from wooden timbers and earth to steel and ceramics; and soon, year-round jumping will become a reality.

But tradition is a constant that spans SWSA's history. And there is no better example of that tradition than SWSA's mission- to expose children to the wonders and joys of winter play-skiing in all its forms, from our robust junior jumping program to the alpine programs that SWSA supports at several area schools. For many years SWSA managed a cross-country skiing program at Salisbury Central School, the only public school in Connecticut to have a cross-country program. SWSA even hosted the Connecticut Special Olympics, back in the day.

Another tradition, of course, is Jumpfest. The annual ski jumping competition has come full circle over the decades- from hosting the US Nationals back in the 1950s to hosting the Junior Nationals today. Now, Jumpfest is a three-day celebration of the sport, encouraging junior jumpers to strut their new-found skills and highlighting emerging talent. The takeaways for these children of the air may span the spectrum from new-found self confidence to a focus on future Olympic gold. At Jumpfest 2025, you will see it all.

Another tradition, less obvious perhaps, that weaves through SWSA's century of success, is the tradition of teaching- jumpers passing along their experience to the next generation of hopefuls.

From SWSA's beginnings, the giants of international ski jumping, names like Satre, Hegge, and Torrison established ski jumping in Salisbury, not only because of their athletic prowess, but because they shared their passion with others. Absent that passing of the torch,



PHOTO BY CAROLINE GILBERT

ski jumping might only be a footnote in Salisbury's town history.

But jumping flourished because those founding fathers spawned more giants - names like Sherwood and Stone who influenced the sport and continue to guide it.

And this cycle, student to jumper to coach, continues. Names like Gardner, Gilbert and Picton- Kobayashi

instruct our children today: tradition and growth.

SWSA in 2025 may best be described as a melding of its traditions with its innovations- guiding principles with technological advances, old-school instruction practiced on steel and ceramics, all thanks to the generosity of funds and labor from countless supporters. SWSA is well- poised to enter its 100th year.



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## From The Salisbury Board of Selectmen

Congratulations to SWSA on your 99th season, and for running a hugely successful fundraising campaign to replace the old 30-meter jump! While Salisbury is blessed with many wonderful and enduring institutions, yours is one of the oldest and most unique. Operating the last remaining ski jump facility in the state, indeed one of only a handful in New England, you not only run successful events, but you are also training a new generation of jumpers to love the sport. Additionally, you support “scholarships” so all area children can afford to take part in school ski programs and even run an annual Ski & Skate Sale to help keep costs down. Your annual Jumpfest weekend attracts hundreds of visitors to our hotels, restaurants, and shops at what is otherwise a slow time of year.

SWSA is a great example of what makes Salisbury a wonderful place to live, work, and play. Your volunteers are dedicated and come from a variety of backgrounds. Some were familiar with jumping; others were more recently introduced to the sport and have learned to love it. Some are native to Salisbury; others are more recent arrivals and all are equally welcomed. SWSA has produced world-class competitors, coaches, and officials, and you are now actively engaged in developing the future of the sport.

SWSA is an important part of a larger recreational program in Salisbury that includes swimming, skating, tennis, baseball, soccer, paddle tennis, pickleball, and sailing.

As SWSA looks to the future, with year-round jumping and the celebration of your 100th anniversary, know that the Town of Salisbury is always behind you.

**Good luck to all the jumpers!**

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PHOTO BY NANCY DEPECOL



## Jumpfest: Just the Facts Ma'am

### WHO:

The most accomplished athletes from the Northeast Corner of our jumping community ranging from youth to master categories.

### WHAT:

Ski jumping scored for distance and style on the 20, 30 and 65 meter hills. Competitors hurtle down the in-run at speeds of up to 50 mph and then soar through the air 200 feet and more and come to a stop within hand-shaking distance of the spectators. Come meet the next generation of Olympians!

### WHEN:

Jumpfest takes place Jan. 31, Feb. 1-2, 2025. Friday night features Target Jumping, rewarding accuracy and skill. Saturday hosts Nordic Kids jumping on the smaller hills starting at 9:00 am; followed by the Salisbury Invitational on the world-class ski-jump at 1:00 pm. Sunday is the final qualifying event for the Eastern Junior National team and the U.S. Eastern Championships. Competition begins at 1 pm.

### WHERE:

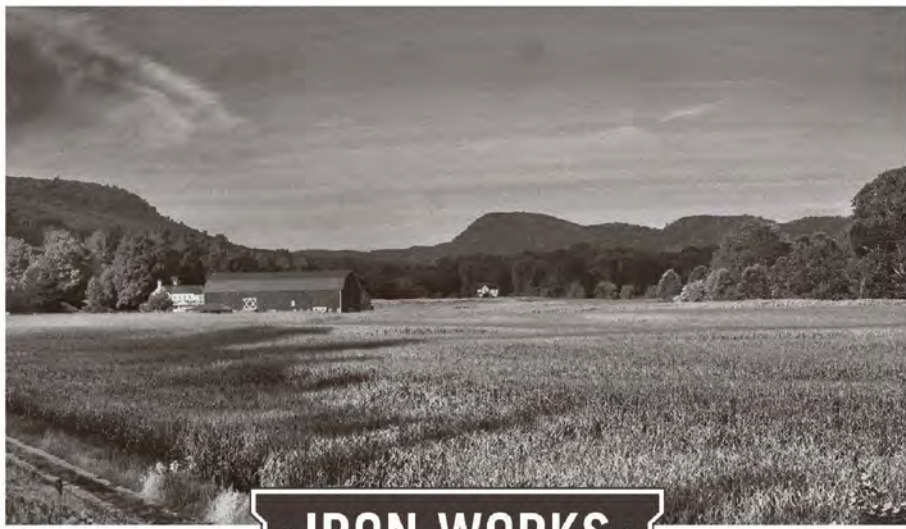
Satre Hill is located in Salisbury, Connecticut, a picturesque New England village in the northwest corner of the state. Salisbury is only 1 hour from Hartford, 2 hours from New York City and less than 3 hours from Boston. The jumps are 5 minutes from the center of town. Parking is free.

### WHY:

Affordable family fun! Admission is \$15 per adult each day of competition. Multi-day passes are available. Children 12 and under enter free. Ski jumping is an ideal spectator sport for young and old. It is thrilling to watch, easy to understand. The athletes are friendly and approachable. Ring a cowbell to cheer on the competitors, snack at the Cook Shack, warm up by the bonfire, and be part of the action!

### HOW:

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## Where Does the Ticket Money Go?

Running the annual Jumpfest Weekend and maintaining the jumps are major undertakings that consume thousands of volunteer hours but also a significant portion of the Salisbury Winter Sports Association budget. Less well known, however are several other programs that SWSA sponsors.

If you bought advertising in the Jumpfest Program, purchased a ticket to the event, donated to the Annual Fund, attended Brew Ski, sponsored or played in the golf tournament, or purchased equipment at the Ski Swap, here are some of the places your money is going.

### SUPPORT OF JUNIOR JUMPERS

- Introduces families and children to ski jumping at the annual two-day Holiday Ski Jump Camp, while providing lunch, equipment and coaching.
- Provides equipment and coaching, and sends jumpers to training camps both in the winter and summer.
- Helps finance travel and participation in competitions across the country: New Hampshire, Lake Placid, Chicago, and Park City, Alaska.

### SUPPORT OF LOCAL SCHOOL CHILDREN IN ALPINE SKIING

SWSA funds have recently been provided to Salisbury Central School, Falls Village, and North Canaan Schools. These funds help to cover the cost of lift tickets, lessons, equipment rental and transportation to the mountain.

### YEAR-ROUND MAINTENANCE OF THE FACILITIES

- Winter snowmaking and grooming of small hills for junior jumpers
- Jumpfest facilities and Large Hill grooming.
- Rebuilding and upkeep of the Cook Shack, stairs and jumps.

SWSA's success is dependent on the generosity of its donors and the work of countless volunteers.


If you are interested in becoming involved and keeping up with SWSA news then follow us on Facebook and email us at [info@jumpfest.org](mailto:info@jumpfest.org).

**GO JUMPERS!**



PHOTO BY JOSHUA SIMPSON


William Trowbridge




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## Introduction to Team SWSA 2025: Are You Ready to Fly? *By Caroline Gilbert*

Meet the jumpers, families and volunteers who have taken their experiences at the ski jumps and turned them into new friendships and growth opportunities. These stories highlight a progression from the smallest hills and jumper to national competition on hills as large as the 100-meter. Each story highlights the progression of young jumpers learning to fly while building skills and community.

From start-bar to take-off, SWSA ski jumpers and their families are ready to be challenged, engaged, and encouraged to improve, all while having fun. Through active involvement of volunteers, athletes, families, and a coordination with other clubs, junior jumping is thriving at Satre Hill.

Each winter new jumpers' step onto the snow and with courage learn to fly. Returning athletes re-engage on the snow and focus on the "next jump". This year there are also opportunities to travel, train, and compete around the country.

Team SWSA is ready to fly for another winter. They will hone their skills, meet new people, build friendships and await the completion of the 36M. By surrounding ourselves with others who have a passion, the Club and Team SWSA continue to improve, expand, and compete.



PHOTO BY CAROLINE GILBERT

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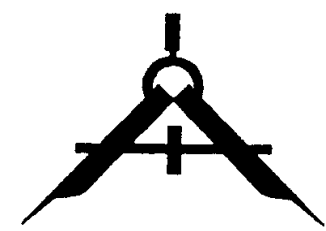
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## The Smallest Jumpers and Smallest Hills: Ready, Set, Go! *By Ariel Picton Kobayashi*

How do you start ski jumping? Jumpers get this question all the time. It can be hard to imagine how someone could ever work up the courage and skills to launch themselves off of a big jump. Actually, skiers start on the smallest jumps, sometimes called “bump jumps,” which are just that—a little bump, or tiny jump. A young or beginner ski jumper can ski over it at a slow speed to start to get the feel. On these bump jumps, a skier’s skis barely leave the ground! It is at this size jump that skiers start learning the core basics of ski jumping: the “in-run position” and the timing and movement of making the jump into the air.

Once comfortable on that size bump, a skier can move to the next size up, skiing the landing hill (the hill below the take-off of the jump) first to get used to the increase in speed. Gradually a jumper builds the confidence, competence and skills to jump on larger and larger hills. By the time a jumper is skiing down the “big hill” at Salisbury, they already have multiple years of experience jumping smaller hills under their belts, and this is just the next bigger jump in the progression for them.

After growing up ski jumping in Salisbury and coaching the SWSA team for a few years, I moved to New Hampshire and started a family. When my older son, Wes, was two, he began to learn to ski—I held him in front of me as we went down the hill, like many parents do with their young kids. We enjoyed the time outside, learning a new skill, and embracing the winter sport.

Coming from a jumping background, I also wanted to expose my son to the sport. Last winter, at a February competition in Andover, New Hampshire, Wes and I jumped their smallest jump. We started together in the same way he had started to learn to ski, right between my skis. He skied his first in-run building confidence and smiling all the way. The first jump on the smallest hill is a thrill that starts something special.

The Andover Outing Club’s coach, Chris Jones, also

jumped with his young daughter, Adaline. That day Wes, (2), and Adaline (3) stood on their first ski jumping podium: Adaline coming in first place and Wes in second. This year Wes is four and he is jumping on the bump jump without me. Adaline is too! Wes practices his in-run position and gives a little jump when he gets to the bump. He skis down the landing hill of the bigger 10-meter jump, too. Sometime soon, maybe, he will try that jump. He has learned to stand at the top of the hill and point his skis straight. Each step shows improved confidence and courage. He only moves to the next size hill when he is ready. Just like the older jumpers who ride a landing hill for the “big hills”, Wes is learning to trust his balance and enjoy the ride.

It’s always amazing to see the youngest jumpers gain confidence to go down a small ski jump for the first time, and in years to come, watch them gradually move to bigger and bigger hills!






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# What I Learned When My Child Became a Ski Jumper... *By Caroline Gilbert*

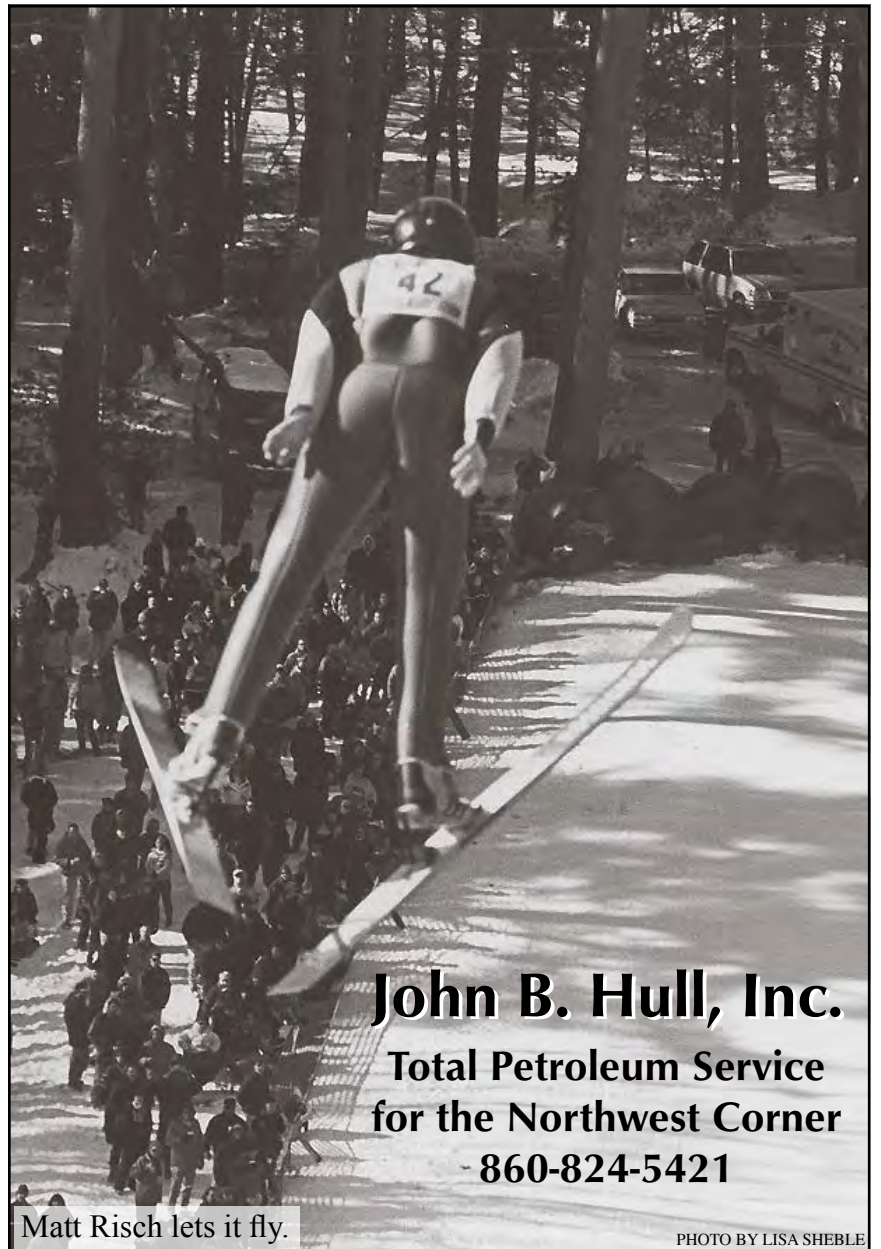
- Ski jumpers go for distance, not height. Their jumps roughly parallel the contour of the hill.
- After a year of jumping my child showed marked changes in self-confidence that manifested itself in his everyday life.
- Ski jumping is about repetition and hard work. Every fall leads to another attempt.
- The community of jumpers, small and close-knit, supports all its members, no matter the competency or age.
- Cheers of encouragement reward equally both soaring perfection and brave attempts.
- If your equipment needs adjustment, breaks, or is faulty, team members, and even competitors go out of their way to help find a new set of skis for you to be able to participate.
- When my child sits on a start bar looking down the hill, he forms new goals and aspirations that are built on the courage to take the next step and next jump.



PHOTO BY CAROLINE GILBERT



PHOTO BY MARY ANN TAN



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## 17th Annual Holiday Jump Camp December 27 and 28, 2024 *Photos by Caroline Gilbert*

The 17th annual Holiday Jump Camp was held December 27 and 28 and was a huge success. Friday morning more than 50 children ages 6 and up arrived at Satre Hill ready to learn to fly! Saturday morning with perfect temperatures and lots of enthusiasm made for a positive day of firsts. A series of cheers went up for the firsts of skiing the landing hill, moving to the top of the hill start-bar, staying low in the in-run and pushing at take-off were all accomplished. Experienced Team SWSA members were there to support and cheer on the newcomers, while practicing their technique.

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. This year the camp followed an introduction day at Salisbury Central School. Current and former jumpers along with Lake Placid and former US coach Larry Stone, introduced grades 2-5 to the sport during gym class.

Coaching at the camp came from Seth Gardner, Ella Rydingsword, and Carley Bannerman, who are all former jumpers and participants at past Jump Camps. Other former jumpers who helped guide the new jumpers were Tegan O'Connell, Charley O'Connell, and Hazel Taylor. In addition, current SWSA Directors and Team SWSA parents manned the start bars: Keith Bodwell, Scott Fitch, Holly Reid, Rosina Rand, Brian Sangster, Billy Sheil, Serena Hollmeyer Taylor, and Spencer Taylor.

The camp is made possible by snowmaking that starts in November and the many volunteers who work to snow the in-run and hill. Team SWSA is looking forward to continuing the season with weekday and weekend practices. Check [Jumpfest.org](http://Jumpfest.org) for updates or email [info@jumpfest.org](mailto:info@jumpfest.org) to receive more information.



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## Are You Ready for What is Next? Intermediate Hills *By Serena Hollmeyer Taylor*

After the grip on the bar loosens and the skis become less wobbly on the landing hill a beginner jumper starts to look for new challenges. While lessons can be learned by anyone on a 20-meter jump—an in-run position is the same on a 20-meter as on an Olympic-size 120-meter—progression to larger jumps is the next step in the development of a ski jumper. Unlike most sports that play on regulation-sized fields or simply extend the length of a race, ski jumping involves travel to multiple hills to use a myriad of jump sizes. Satre Hill at SWSA has a 20-meter, a soon-to-be-completed 36-meter, and a 70-meter. While a jumper can move stepwise from the 20-meter to the 36-meter, they must find the intermediate steps before taking on our large tower. These intermediate jumps can be found around New England, across the USA, and around the world.

This past summer, after two months of training on the 20-meter jump at Lake Placid we were told that our son, Wyeth, would have a great time on the 25-meter at the Norge Ski Club in Fox River Grove, IL. The jump is known as a “meaty” 25-meter; one that jumps bigger than it looks. Curious, and with a few free days in the schedule, we hopped in the car and started west. Tucked away down a suburban street in Illinois. Norge has a series of jumps: 10-meter, 25-meter, 40-meter, and 70-meter. All jumps are different: some are built into the ground like the 20-meter at Salisbury and others are built on more visually intimidating towers (like our 70-meter.)

True to its reputation, the 25-meter at Norge looked big, a LOT bigger than the jump Wyeth had been flying from in Lake Placid. Wyeth gamely climbed onto the bar the second day and looked down the in-run. His grip tightened, a few nervous swallows passed, and he took a deep breath and let go. The first jumps weren't the calm, powerful moves that he had been working on for weeks, they were all about learning the shape and speed of the in-run and jump, using just the perception of his body as it slid and flew. This knowledge can't be learned in any other way except by doing, by having faith in yourself, your training, and your coaches.

The intangible value of traveling far and wide to jump on diverse jumps comes in the camaraderie of jumpers. Clubs open their hills to all competitors and the athletes quickly welcome visiting jumpers. Perhaps it's a respect for fellow risk-takers, an understanding of what it takes to decide to move up to a larger hill size, but regardless of a jumper's home hill, even if they will likely be major competition at an event in a few months, you'll hear strangers calling “have one!” to each other as they slide out onto the bar. Tips will be exchanged: “Yeah, that in-run really compresses you as you come through the transition, you just have to hold it strong” or even “Make sure the groundhog isn't on the outrun before you jump.” Wyeth made fast friends at Norge, ones we hope to see again for many seasons.

Our family itinerary this winter includes many jumps in New Hampshire, weekends in Lake Placid, and, of course, Jumpfest in Salisbury. Each weekend we will meet up with the two dozen or so families with “intermediate” jumpers who complete the same circuit of intermediate jumps and follow the same stepwise progressions. While our athletes are in direct competition, we all cheer mightily for them,

especially when someone is taking their first jump on a bigger hill.

Progress in ski jumping is measured by how far one flies. However, progress is also measured through confidence, strength and courage. Each jumper learns to trust their training and coach to climb to the start bar of the next size hill. Each step allows a jumper to fly further all while testing their skill and determination, and maybe taking a peek at the next bigger hill.

The new intermediate 36-meter hill in Salisbury and the addition of summer jumping surfaces are major investments by the SWSA community. They will enable this and future generations of intermediate jumpers to progress all year round.

These jumpers and their families learn to fly with repetition of practice on all sized hills. Consistent exposure, practice, and team building on the intermediate jump is essential.



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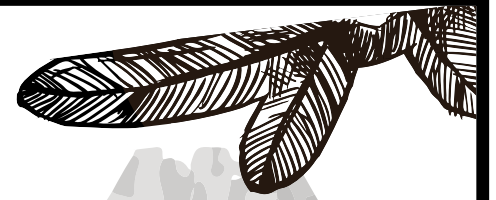


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## Jumping the Big Hills and Beyond *By Islay Sheil*

In 2021, I had the chance to experience ski jumping for the first time. At just 11 years old, I started on the 20-meter hill in Salisbury. Little did I know that moment would lead me to where I am today—jumping Olympic-sized hills in Lake Placid.

When I first started, I watched incredible jumpers soar off the 65-meter hill at my first Jumpfest, never dreaming that one day I would be jumping it myself. The experience was unforgettable, and it inspired me to push myself further. Last year, my dreams became a reality when I launched off Salisbury's "Big Hill" during Jumpfest, in front of my hometown crowd.

Starting on the smaller hills is essential for developing as a ski jumper. At first, the larger hills felt intimidating, even impossible. But I quickly learned that the 20-meter hill was just the beginning. As I gained confidence and skill, I moved on to the intermediate hills—those in the 32- to 50-meter range—which were a big step in my development. Each hill size provides a chance to challenge my skills and courage. Each hill is unique in design: old wooden structures, grass knolls, and steel towers. The feel of an in-run is unique, even as the training to hold a position is consistent. The intermediate hills are an essential challenge and steppingstone as a jumper. These hills help prepare me for the bigger jumps ahead.

Before I knew it, I was jumping the 65-meter hill too!

In just a few short years, I've traveled across the country for competitions, including Anchorage, Alaska, Fox River Grove, Illinois, and Steamboat Springs, Colorado. These experiences have been so helpful for my development, as each hill and facility bring its own challenge and perspective.

I'm thankful to my parents for always supporting me. For the past three years, my family has traveled all over the Northeast in search of intermediate jumps to help me improve. I'm also excited that SWSA is build-



PHOTOS SUBMITTED FROM 2024 JUNIOR NATIONALS IN SKI JUMPING AND NORDIC COMBINED IN ALASKA

### Islay Sheil on start-bar at Junior Nationals 2024 in Anchorage, AL.

ing a 36-meter hill, not just because I want to train on it, but also because it's a huge opportunity for the other younger junior jumpers coming up in Salisbury. It will give them the right challenge to help them grow their skills and confidence.

While it may seem like a small achievement, mastering the smaller hills is important to becoming a strong ski jumper. With hard work and dedication, anyone can move from the small hills to the bigger ones. Courage, practice, and repetition help you believe in your ability to conquer each hill, no matter the size. With the right effort, anyone can learn to fly!

I look forward to cheering on the next SWSA jumpers who work their way up, hill by hill, until they, too, are jumping Salisbury's 70-meter and other larger jumps like the Lake Placid 90-meter. Jumping big hills for the first time is such an amazing experience. The adrenaline rush as you sit on the bar, looking out for miles, is incredible. Sitting on the bar, waiting for the flag to drop, riding the



Podium at Junior Nationals Team Event.

in-run, flying over the knoll, and landing a big jump for the first time, fills you with pride and a sense of accomplishment.

Jumping in competitions is very different from practice. While the first jump on a new size hill presents challenges and builds skill, competition brings a unique focus and energy. There's so much more pressure during competitions, and it affects people differently. For me, the pressure makes me want it more, while for others, it can be overwhelming and hurt their performance. Learning how to focus on my training allows me to enjoy the competition and strive for more.

In 2024 during the Junior Nationals in Alaska I participated in the team jumping event. This event is an example of a high-pressure competition, and it pushed me to do my best. That pressure helped me and my teammate, Caroline Chor of Ford Sayre, NH to place 3rd in the team event, which was a huge accomplishment. All the practices on various hill sizes gave us the confidence to fly further while representing the Eastern Team.

Ski jumping has taught me so much about hard work, resilience, and the joy of taking on new challenges. Every practice requires focus and hard work, but that work leads to new jumps and flights. I can't wait to see what the future holds—for me and for the next generation of jumpers growing up here in Salisbury.

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PHOTO BY MARY ANN TAN

Islay and Aerin Sheil at a Ski Jumping competition.

## Jumping Perspective *By Billy Sheil, Parent of Multiple Ski Jumpers*

If you had told me 10 years ago—or even 5!—that I’d be the father of a ski jumper, I would have laughed and said, “Isn’t that the one where they do the flips in the air?” But if you then went on and added that all four of my kids would take up the sport at some point, I would have had to pause and say, “You must have the wrong father of four.” Ski jumping was beyond anything I knew or expected for my family.

Yet here we are in 2025, preparing for our fifth Jumpfest as a family. I’ve watched my strong and confident eldest, Islay, go from cautiously starting on the 20-meter hill to soaring off the Olympic-sized 90-meter hill in Lake Placid. Quin, though no longer competing, has moved on to his many other interests, but I know he’s thankful for the time ski jumping gave him—especially his experience at a summer jumping camp in Norway in 2022. Coming in behind them—no less fiercely determined—are my youngest, Henry (8) and Aerin (6), just beginning their journeys and learning the basics on smaller hills throughout the Northeast.

In this cherished sport of Salisbury, we like to measure in meters and medals. But I often think about the other distances achieved—the leaps and bounds our kids are taking in life experiences and personal growth: facing fears, pushing their limits, cheering on teammates, encouraging younger jumpers, learning resilience, and traveling to new places. The journey from fearing letting go of the start bar, ever jumping, to soaring off big hills—these are the moments of growth. Each weekend brings a new hill, a new challenge, and a growing community of familiar faces from all over the region who feel like part of our extended family.

The heart of Salisbury’s ski jumping community lies in the dedication of its volunteers, who show up early and stay late to make it all happen. From those who put

“  
We do it all because we believe in this sport, in these kids, and in the community we’ve built together.”

up and take down the netting to the ones who shovel snow off the stairs; it’s the volunteers who ensure everything is ready for practice and competitions. They are the ones who spend cold January nights preparing the 70-meter and 20-meter hills for Jumpfest—often working towards midnight, then returning the next morning before dawn to cut the tracks while they are still frozen. It’s the shared love of the sport and love of this community and its history that makes it all so special! It’s the impromptu Tuesday night BBQs outside the Byrd House after practices, and it’s the sneaky act of putting a “Ladies of Eastern Ski Jumping” sticker or “Michelob Ultra” Christmas ornament on Kenny’s snowcat. We do it all because we believe in this sport, in these kids, and in the community we’ve built together.

And selfishly, I hope my kids keep jumping forever. I’ve grown to love this sport—not just for what it’s taught them but for what it’s brought to us as a family. The lessons, the community, the shared experiences—these are the things that make the sport truly special. Because at the end of the day, it’s not the medals or the meters, but the memories we’ve made together that will last a lifetime.

And now, when someone asks me about ski jumping, I don’t just smile and say, “Isn’t that the one where they do flips in the air?” Instead, I proudly share the incredible journey my family has been on—and how much it’s become a part of who we are.

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Above, Quinn and Islay in Norway with their father.



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**Jumpfest 2024** Photos by Caroline Gilbert, Joshua Simpson, Nancy DePecol, Marlena Aakjar, Cheryl Tourville, Scott Fitch









## SWSA and Community Joining Together *By Caroline Gilbert*

Jumpfest is a beloved tradition in the Salisbury community, drawing winter sports enthusiasts and families to the picturesque town for an action-packed weekend. With ski jumpers from near and far, community support, and plenty of food and festivities, the event is an annual tradition for many.

Jumpfest weekend requires the coordination of volunteers and organizations to put on the unique and fun weekend. As in years past, local non-profits and volunteers play an essential role in the festivities, providing food, drinks, and community support for the event, while benefiting from the weekend's activities. Each year SWSA is thrilled to see so many local organizations and individuals involved in Jumpfest. This event truly brings the community together, with everyone pitching in to make it a success. The support from our local non-profits and volunteers is invaluable. The combined efforts make for a great weekend of winter sports and fun.

Several local organizations including the Salisbury Volunteer Ambulance and The Lakeville Hose company, as well as other groups lend a helping hand, with volunteer crews helping the jumpers, maintaining the hills, marking the distances, manning the refreshments, and sharing in the winter spirit. Off the jumping hill non-profits support the festivities with Sunday in the Country, operating the cookshack for the opening night of Jumpfest. On Saturday and Sunday, the Lakeville Firehouse Ladies Auxiliary takes over, offering food, hot drinks and snacks for hungry jumpers, spectators, and volunteers. Salisbury Central's SOAR is back serving hot toddies to help guests stay warm as they enjoy the action-packed ski jumping. Low-N-Slow BBQ will be back serving hot barbecue. And SWSA will be there with beer and wine and SWSA gear for purchase. With efforts of many over the weekend, the festivities are elevated by



PHOTO BY NANCY DEPECOL



PHOTO BY CHERYL TOURVILLE

the comradery and spirit of cooperation.

The extensive volunteer network that supports everything from setting up jumps to manning booths, and their involvement, provides a sense of ownership and pride in the event's success. Many community members volunteer not just because they believe in the cause, but because they enjoy the opportunity to connect with neighbors, make new friends, and be part of a bigger effort.

SWSA and the local community are not just spectators but participants in building a legacy of winter sports for future generations. This longstanding relationship between SWSA and the community creates a cycle of

growth and mutual support, ensuring that ski jumping and other winter sports will continue to be a source of pride for years to come.

The relationship between SWSA and the greater Salisbury community is a powerful example of how collaboration and mutual support can benefit all parties involved. From local non-profits raising funds to schools and businesses working together to make events like Jumpfest a success, the partnership between SWSA and the community helps to build both local pride and the sustainability of winter sports in the region. It's an interconnected network that fosters inclusivity, growth, and opportunity for everyone.

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## SWSA Continues to Evolve: Livestream at Jumpfest *By Caroline Gilbert*

Jumpfest weekend happens because of volunteers who are committed to preserving a tradition. The hills are prepped, stairs are shoveled, athletes are trained, the cook shack is provisioned—there are endless jobs filled by people who step up every year.

Ian Johnson a professional photographer/videographer is one of those area residents who has spent years volunteering and watching at Jumpfest. Over the years he has shared many amazing photographs of athletes which we still use from our archives today. He is a friendly and familiar face in the crowd. Three years ago, Ian suggested that Jumpfest should be livestreamed. He did not just suggest the idea, but also stepped up to make it happen. He worked with SWSA to provide, set up, coach volunteers, and connect the technology to allow those who cannot attend Jumpfest to watch from afar. He has provided the expertise and equipment that has expanded access for those who cannot attend in person.

Watching ski jumping live at Jumpfest is a one-of-a-kind experience, but for those who can't get there in person connecting, through the livestream link is a great option. SWSA like many organizations, has embraced this game-changing approach.

One of the biggest advantages of live-streaming Jumpfest is the ability to reach a broader audience. In February, when the cold weather can limit in-person attendance, fans can tune in to watch the ski jumping live. Livestreaming at Jumpfest allows fans to stay connected to the community, no matter where they are.

It is a winning combination of expertise, ideas, and time that Ian Johnson has brought to Satre Hill for Jumpfest. When the competitions are in full swing, Jumpfest offers an alternative for viewing. For fans who can't make it to the event in person this winter, the click of a button is all it takes to catch the action live—no matter where they are. To watch Jumpfest 2025 live, visit [jumpfest.org](http://jumpfest.org) for the link. Thank you, Ian!



PHOTO BY CAROLINE GILBERT

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We welcome further financial support, either by visiting our website at jumpfest.org and clicking "Donate" or by mailing a check to PO Box 196, Salisbury, CT 06068. To donate stock, please write us at donors@jumpfest.org. Thank you!

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## Launch Campaign 2024: Assuming our Legacy as a Winter Sports Town *By Peter Gilbert*

Salisbury Winter Sports Association (SWSA) fosters a sense of community pride, regional vitality, and local, unique athletic achievement in the northwest corner of Connecticut. Truly, it is a regional “gem” that shines because of a committed core group of volunteer stalwarts and a steadfast army of local supporters, businesses, and foundations that have prioritized this legacy organization and its future. The “Launch Campaign” a transformative initiative that began less than a year ago, was remarkably well received, and deeply supported by hundreds of donors. At the end of 2024, SWSA is proud to announce that we achieved our Campaign fundraising goals and that we will be able to do multiple phases of upgrades and renovations to the current facility. “Launch” is the right verb and visual for what is to come...it took vision, ambition, and partnership to achieve this mission.

Annually, the Salisbury Winter Sports Association welcomes and relies on financial contributions to sup-

port ongoing improvements. But it had been more than a decade since our last campaign, and we needed a quick and generous response to achieve this campaign’s goals in a short amount of time.

Excitedly, the community’s dedication to and investment in SWSA made this all possible. We see first-hand that our outdoor recreation infrastructure preserves one of Connecticut’s unique cultural assets. With strong local and regional support, this comprehensive, phased project positions Satre Hill as a premier destination for ski jumping enthusiasts and outdoor activities, benefiting residents and visitors alike while sustaining a vibrant legacy.

The final product will modernize the facility into a four-season venue, ensuring year-round accessibility, increased tourism, and expanded youth programming opportunities. By upgrading and expanding Satre Hill, the state’s only ski jumping complex, our youth jump-

ers will be afforded transformational opportunities that have fueled dreams for generations here in our corner of the State. Established as a cornerstone of Connecticut’s winter sports heritage, Satre Hill has hosted national and international ski jumping events for almost 100 years and will continue to do so for years to come.

The SWSA facility has served as a training ground for aspiring athletes and a cultural landmark for winter sports enthusiasts. The existing infrastructure was sorely outdated, limiting the site’s potential for broader use and year-round engagement. In the coming year, look for a four-season jumping upgrade to Satre Hill. After “making do” with a 75-year-old intermediate jump and an outdated landing hill profile, the beginner and intermediate jumps will be modernized. The current scope of Salisbury Winter Sports Association includes over 200 children in the Salisbury region receive funding, equipment and coaching in jumping, downhill and cross-country skiing from us each year. And, of note, SWSA’s volunteers maintain three jumps that are crucial in the development of competitive ski jumpers in national competitions.

The “Launch” Campaign’s impressive success represents a pivotal moment for Satre Hill and the broader community. On behalf of SWSA, thank you donors and volunteers for launching a new era of outdoor recreation and doubling down on community engagement in Salisbury. This successful campaign brings joy to all who have shared the vision of what is possible in our winter sports town, like no other, Salisbury. As the bumper sticker says, “Salisbury IS jumping!” It is true now, more than ever.

With gratitude from the Campaign Committee and the Advisory Committee, thank you!

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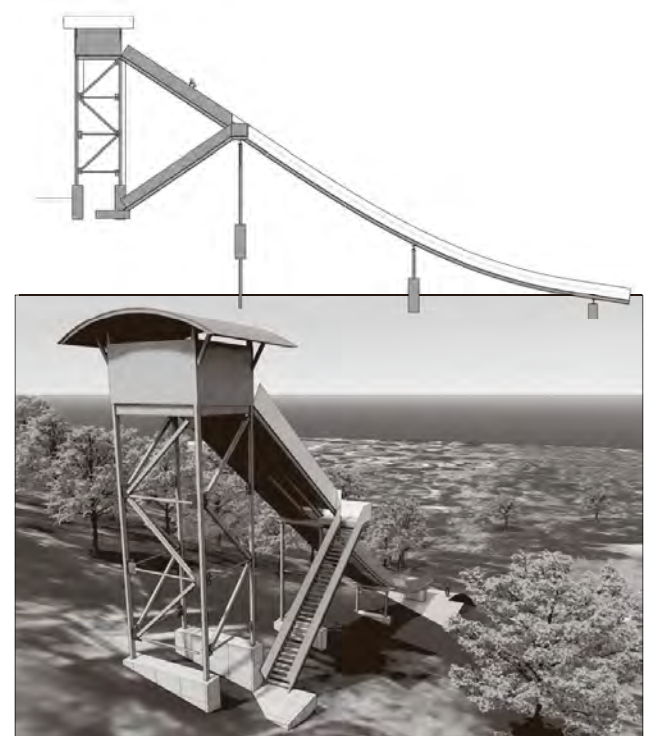


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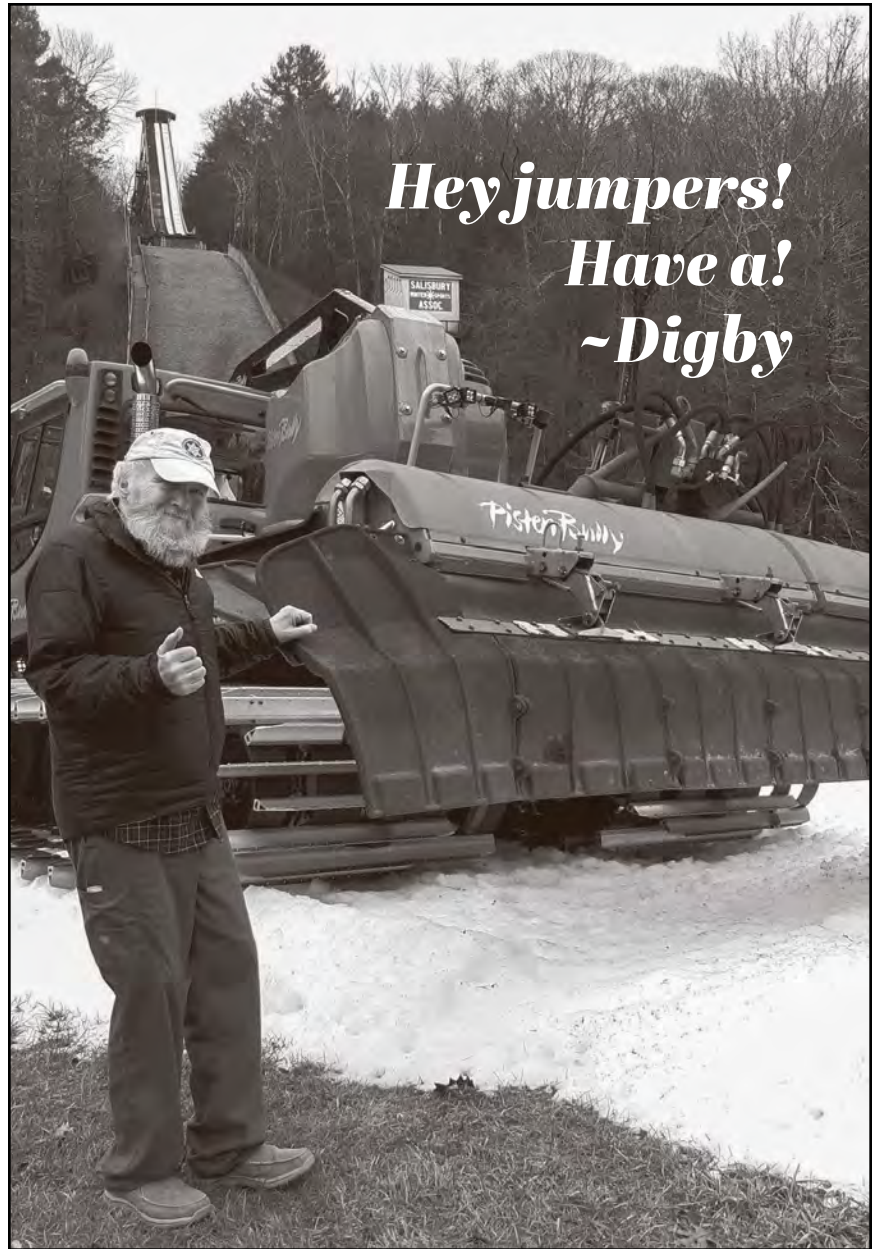
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# 2025 SWSA Awards

Photos by Mary Ann Tan & Caroline Gilbert

## 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. Given by the Sherwood Family

## SUNDAY

### Salisbury Cup

Given to the best overall jumper. Cup is retired after three wins by the same individual

### Ladies Cup

Given to the jumper with the highest points in a division other than the winner. Given in memory of Charlotte Satre Torrissen in honor of the women who graciously support SWSA.

### Earle Murphy and Don West Award

Given to the winner of the Masters class in the Eastern Championship.

### Sig Evensen Trophy

Given to the best overall junior.



# JUMPING LINGO



## "Have one!"

Term of encouragement shared between jumpers. Traditionally jumpers standing on the stairs call out "have one!" to the athlete on the bar and they return it as they begin their inrun.



## Send it!

Similar usage to "have one" but with more enthusiasm, not usually echoed. See also: "Have a sendy one!"

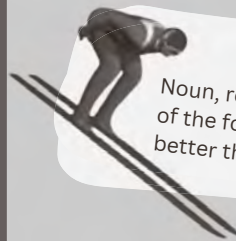
## Tele landing

Noun, abbreviation of "telemark" landing. A style of landing a jump with one foot forward and both knees bent. Adds stability and style points



# HOLLYWOOD

Verb, refers to jumper landing with feet together and sliding into a tele landing, hoping to garner style points, it rarely works.



## Shin angle

Noun, refers to the angle created between the jumpers shin and top of the foot when in the inrun position. The narrower the angle, the better the position. Often abbreviated into one word "shinangle."

## Rolling down the windows

Verb, refers to a jumper trying to gain balance by circling their arms in the air. Generally considered poor style and not comprehensible to anyone born after 1990.



## Plastic

Noun, refers to the artificial grass placed on some hills that allows for jumping in the spring, summer, and autumn.



# THE ART OF JOY BROWN



February 15 – April 5, 2025

Reception: Saturday, February 15, 4 – 6 P.M.

Excerpts from the documentary, *The Art of Joy Brown*, followed by a conversation with artist Joy Brown, Ann Villano, instructor in Film and Photography, Christine Owen, instructor in Ceramics, and filmmaker Eduardo Montes Bradley: Thu. Mar. 6, 7 - 8 P.M. (Walker Auditorium)

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## The Essential Forgotten Jump *By Willie Hallihan*

It is the unheralded one of the three-the middle one-the 30-meter.

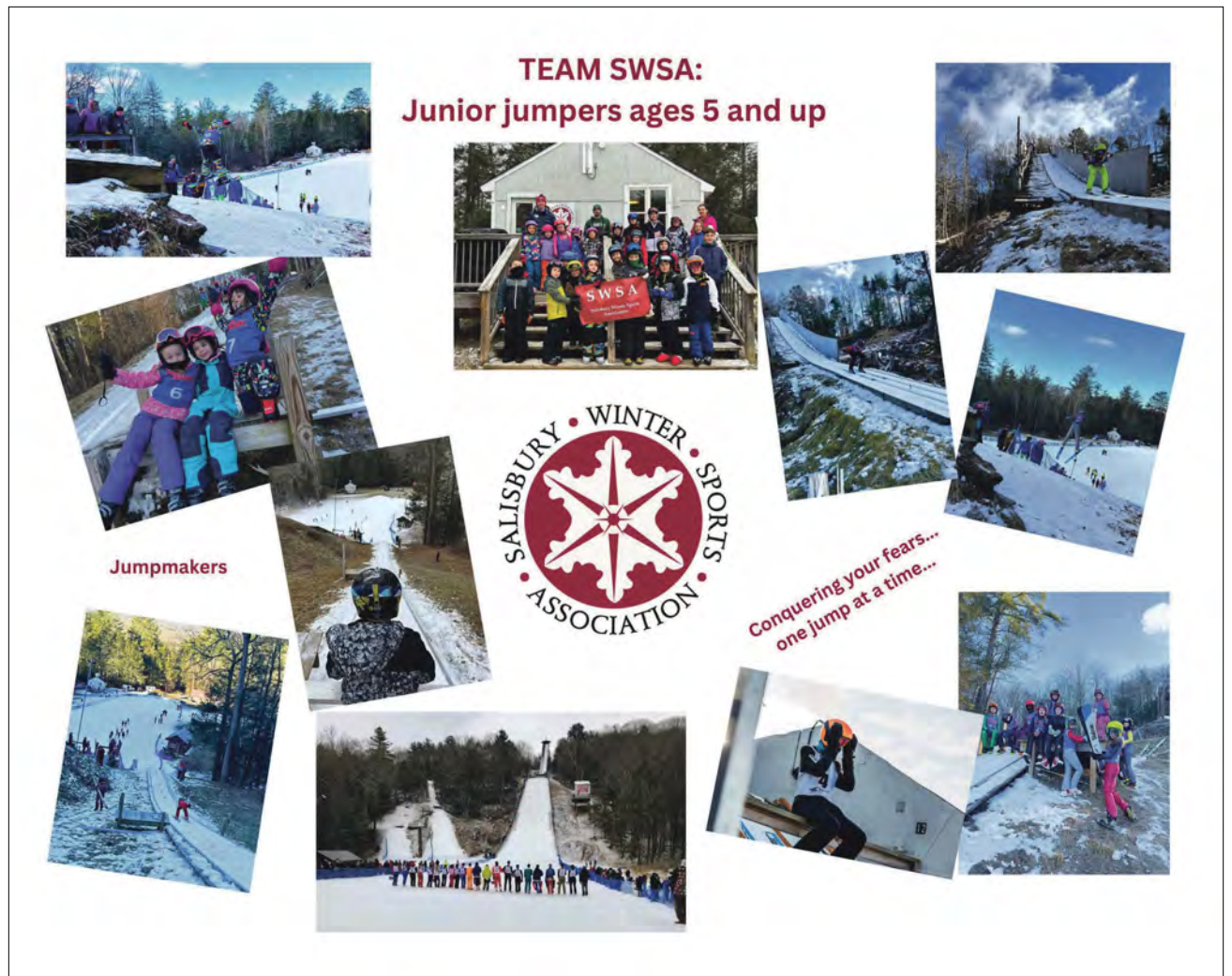
The smaller 20-meter hill to the left is the hill of firsts, where it all begins. Children as young as five first slide down its landing hill, and when they are comfortable, they first face their fear of height and distance, overcome that fear and move down the in-run to leave the snow-covered surface for the first time and catch some air. It is on the 20-meter that the youngsters' achievements are most photographed and recorded by their proud parents.

And to the right, the big 70-meter hill garners the most media attention. It is here that talented jumpers from the eastern clubs gather each February for Jumpfest weekend to dazzle the crowds and vie for a spot on the Eastern Junior National Team, and every five years, jumpers countrywide come to compete in the Ski Jumping and Nordic Combined Junior Nationals. Record jumps are attempted and sometimes achieved.

But an aspiring young jumper cannot make the leap from the 20-meter to the 70-meter without first conquering the middle one, the one SWSA jumper, Director, and coach Ariel Picton Kobayashi calls "the intermediate jump...that bridges the gap between our beginner and advanced hills, that young jumpers will be able to trust and find courage in as they build their confidence and skills."

Much is asked of a young jumper as they develop both physically and emotionally. One could say that they grow up a lot during this process, but crucial to their success is the measured transition from one sized hill to the next, to the next. This progression is where the 36-meter hill becomes as important as its neighboring jumps to the left and right.

As Team SWSA jumper Islay Sheil describes it, "It's not just another hill; it's a place where I can challenge myself, work on my skills, and build my confidence. It's also a steppingstone, making our 70-meter hill seem more within reach for our young jumpers."



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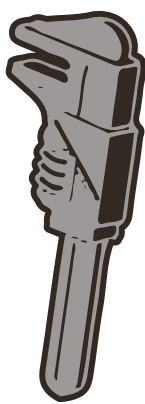
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## Scoring Ski Jumping

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.

### TERMS TO KNOW

**In-run:** The portion of the jump during which the athlete travels down to 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, split 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.



PHOTO BY CAROLINE GILBERT



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## How to Join Team SWSA

If you are interested in trying out ski jumping, and Team SWSA, email [info@jumpfest.org](mailto:info@jumpfest.org). Practices are held Tuesdays and Thursdays 5:30-7:30 and Saturdays 12-2.

First time jumpers can join a practice for \$25 which will include membership to Team SWSA. Membership includes everything you need to participate in the season:

- Weekly practices with our coaches
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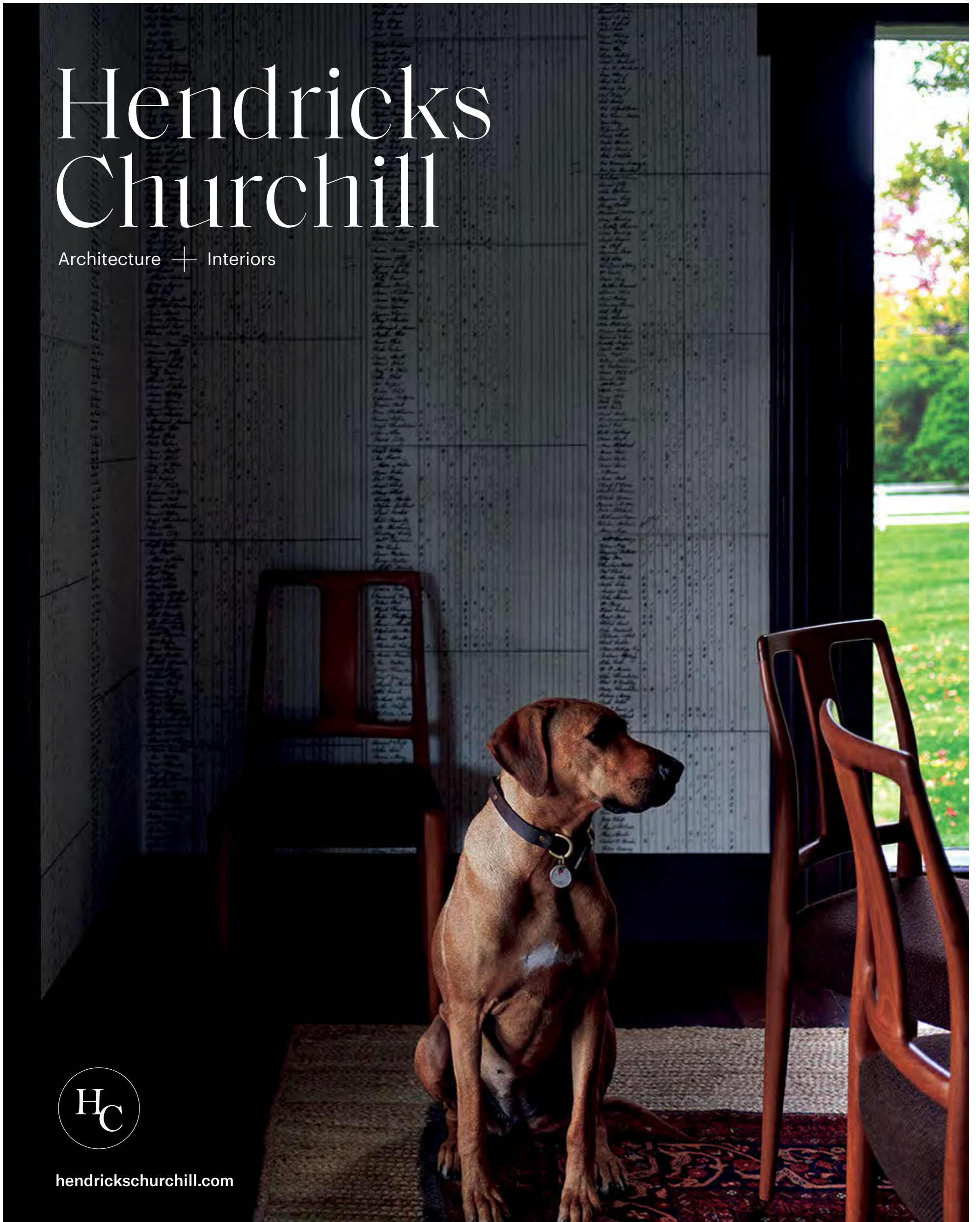


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