



VIEWS

FROM
THE
SUMMIT

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Letter from the Head



As we approach the end of the 2008-2009 academic year, many of us at Sugar Bowl Academy have been reflecting upon our recent successes and also on ways to improve our program in the future.

Sugar Bowl Academy student-athletes had a great winter competition season. Top results at

all levels and in all disciplines made the 2009 season one of the best in SBA's short history. The enthusiasm stemming from on-hill results has carried over into the classroom, creating a tremendous atmosphere for academic development.

In order to facilitate and accommodate the growing interest in SBA, we have undertaken plans for responsible growth. This summer, we hope to remodel portions of our main building and expand classrooms into a new portable building. In addition to continued facilities improvements, we will be expanding our athletic offerings through the development of a full-time Nordic program. Led by Head Coach Jeff Schloss (see page 5 for more on Jeff), the SBA Nordic

program hopes to bolster the Far West's history of developing top national and NCAA racers. I am confident that the addition of Nordic skiers will help foster an environment conducive to athletic, academic, and personal success at Sugar Bowl Academy.

Our past and future successes are a direct result of the dedication and support of our community. Thank you for your continued support.

Tracy Wilson
Head of School

SBA Performs "High School Monologues" for Parents' Day

By Carmen Fregulia - 12th Grade and
Grace Hutton - 9th Grade

For the first time in recent memory Sugar Bowl Academy has a drama program! Mrs. Knox has recreated the program and made performers out of students who doubted they would ever be able to get on stage. Along with performers, she has also created a convertible theater in the dining hall, complete with a lighting system.

With the drama class ready to perform, it was time to find an audience. The opportunity presented itself during SBA's Parents' Weekend in March, when the drama class presented *High School Monologues*. The monologues were all about high school situations that happen to almost every teen. For instance, "Lunch Money, I'd Rather Die!" presented by Grace Hutton and Senora Starkey, was about a mother who embarrasses her daughter by coming to a high school assembly. It was fun and lighthearted, but also managed to express universal concerns of teens embarrassed by their parents. Alternatively, "Failing," by Haley Meyer, was the darkest monologue, portraying a daughter's thoughts as



her mother lays dying from cancer. Mallory Duncan's "Speech Club" was a humorous piece about a boy who follows a cute girl into speech club only to discover the horror of stage fright. "The Hicky," which included the entire drama class, was about how easily rumors spread in high school. Gabby Anthony and Mr. Hoffman also presented a monologue called "The Substitute," which explored a student and a substitute teacher's respective feelings about busywork. "Boogers Everywhere," presented by Katie Fitzpatrick, described a girl's first

kiss, interrupted by a gigantic sneeze.

"In all the rehearsals we had problems," says Grace Hutton. "At least once, everybody forgot a line or an exit." A few of the students were still asking for lines a week before the performance. However, when showtime came everyone executed their lines perfectly, even when the audience was laughing. At the end of the monologues, all the performers received a standing ovation from parents, friends, and Academy staff alike.

Question of the Day *“What was your personal highlight from this ski season?”*

Jake Scannell '10



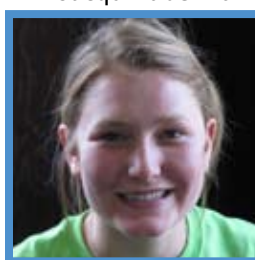
“Competing at J2 Nationals and improving my technique”

Lance Topper '10



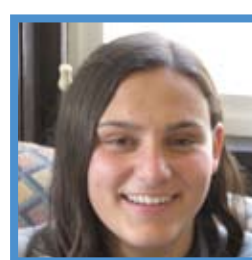
“Skinning up Mt. Judah in the spring after the lift closed”

Jacqui Label '10



“Competing with (and sometimes beating) girls who made the U.S. Ski Team”

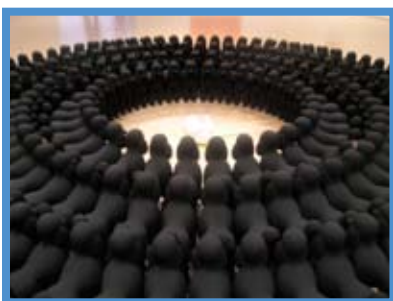
Sonia Giamcomazzi '10



“Coming off a knee injury and actually getting back on the snow this spring!”

If You're Going to San Francisco

By Gabby Anthony - 12th grade and Jake Scannell - 11th grade



Are you looking for a culture-filled adventure? If so, hop on Cecil's tour bus for an unforgettable experience in the city. On the weekend of May 16th, students of Sugar Bowl Academy took an escapade through San Francisco to enhance their cultural knowledge. With alarms set for 6am, students awoke to find a huge charter bus wedged into the tiny SBA parking lot. Driver Cecil welcomed students and five faculty members onto his bus and the journey began. Our first stop was the Modern Museum of Art (MoMA)

in downtown San Francisco. Students roamed the museum, often lingering at exhibits that piqued their interests. Favorites included an installation titled “Kit Mit Pudeln” (Child with Poodle) by Katharina Fritsch, in which the artist had arranged concentric circles of black foam poodles around a plaster statue of a baby, and a series of striking black and white photographs of 1950s America by Robert Frank.

After the MoMA, students made their way across the street to view a production by the Smuin Ballet. After an inspiring performance, students explored Union Square, went shopping, and enjoyed each other's company, soaking in the city life and returning to Cecil's bus after dinner. The last stop of the day was in the back alleys of Oakland, where the Pan Theatre Improv Troupe ran through a host of funny skits and unlikely situations.

After a long, tiring day, the students

and faculty members retired to the homes of the Cliffords and Fitzpatricks in Marin. With a hearty meal the next morning, the Academy was on its way back to the city for more educational fun. The last stop of the trip was the California Academy of Sciences in Golden Gate Park. There were many intriguing exhibits to be seen, including a four story replica of a tropical rainforest, many wonderful aquariums, an albino alligator, a planetarium show featuring a journey through space, and a 3D bug show. After almost five hours of wandering through the museum, Academy students loaded back onto Cecil's bus and headed for home with a new cultural appreciation.



SBA Hosts Five Student Plays

By Evan Swayze - 10th grade

On March 24th, Sugar Bowl Academy presented five plays for the school community. Drama class students involved in the performances were, Gabby Anthony, Max Krone, Mallory Duncan, Haley Meyer, and Katie Fitzpatrick. Each student contributed by writing and directing a short play of her/his own, in addition to acting in classmates' plays. In the first play, which was directed and written by Gabby Anthony, the audience gave the actors the biggest laughs. The plot had four strangers getting stuck in an elevator and slowly opening up about how they actually felt about

each other. Another play that got a number of laughs was “Pink Pants,” by Mallory Duncan. Max Krone played the stubborn teenage son arguing with his mother about wearing pink pants to school. According to writer/director/actor Duncan, “It was fun preparing for [the performance], but it was hard. Preparing just comes with being a part of the drama class.” Even though Duncan enjoys drama, he knows how much he has to put into it to make it successful. Hand in hand with the challenge of learning lines, actors have to learn to deal with anxiety that occurs before and

during a performance. In these plays some actors were nervous and some weren't. Duncan, for example, says, “I've been more nervous before, but I wasn't that nervous for this play.” Duncan did an incredible job during the play, and his comfort level showed as he got more laughs than most of the other actors. Each of these students did a spectacular job and kept the crowd entertained. The performance was a good experience for everyone and it got the drama class actors prepared for future plays—including the performance scheduled for the night before graduation.

Alumni Profile: P.J. Lungren

By Evan Swayze - 10th grade



P.J. Lungren, a Sugar Bowl Academy graduate currently living in Los Angeles, finds himself occasionally reflecting on the challenging but fun times at the Academy. The SBA alum is now finishing his junior year at Loyola Marymount University in Los Angeles, where he is pursuing a bachelor's degree in Multimedia Art. Lungren, who grew up in Squaw Valley, thinks that attending the Academy was a great choice that really helped him become the person he is today. Also, he says, "SBA helped me manage my time between school

and work, and most importantly, fun." Even though the Academy was fun for Lungren, he knows the hard work he did at SBA was beneficial, too, once he decided to pursue his passion. Lungren came to SBA from North Tahoe High School, where, he says, "There were many kids who didn't ski or snowboard at all. Sure, there was the race team and all that, but I had been a Far West racer and the school's program didn't really fit my own standards, nor give much time for a kid to ski at all." Lungren was a ski racer until the age of 13, when he moved into freeride. The following year he transferred to Squaw Valley Academy, where he could ski all the time. But he wasn't there for long. After his parents heard of Sugar Bowl Academy and how many of the faculty and administrators they knew from SVA had moved there, he moved to SBA too. He started to attend SBA in 2002 and graduated in 2004. P.J. Lungren is currently finishing a production development internship at Silver Pictures Inc., a feature film

and television production company located at Warner Bros. Studios in Hollywood. "It is amazingly difficult," Lungren says. "Very hard work and long hours, but it is something that I enjoy." One of the factors that he credits with bringing him success in the movie production business is his decision to take two years off between graduating from SBA and attending college. "It led to many valuable experiences," Lungren says, "as well as some accomplishments that I probably wouldn't have achieved if I had gone straight to college." When asked about building his career in Multimedia Arts after he graduates from college, he says, "I plan on taking my career to the next level once I graduate; endurance is key." The example of P.J. Lungren illustrates how Sugar Bowl Academy can open up a student's future. Lungren attributes much of his own success to the balance the Academy forces students to strike in their own lives. Ultimately, he sees SBA as a place where individual attention allows students to grow: "I think the Academy helped me get here because of its support for each student's own wishes and dreams."

SBA Hosts Truckee Chamber of Commerce

By Brent Talbott - 11th grade

On April 23rd, Sugar Bowl Academy hosted the monthly Truckee Chamber of Commerce Mixer. Beginning at 5 pm, approximately 50 local business owners, Academy parents and staff mingled over food and drink from the kitchen.

Head of School, Tracy Wilson acted as ambassador, introducing guests and members of the local community. Chef Tom, with the help of Mr. Hoffman and Mrs. Knox, prepared

prime rib sandwiches, ahi lettuce wraps and pizza. Max and I, the lone students at the event, were in charge of serving our guests. Parent volunteers, Mrs. Scannell and Mrs. Giacomazzi, tended bar and socialized with those attending. Halfway through the night, Sugar Bowl Ski Team Executive Director Bill Hudson gave a speech in which he introduced the unique mission of the Academy and its role in the local community. After the speech, tours of the building

were given, further introducing the school to community members.

Though the event was scheduled to end at 7 pm, 7:30 came and went with many guests still picking at the last of the appetizers and beverages. Dorm parents were forced to hurry along stragglers so that students could get at least one hour of study hall in. Impressive attendance and interest in the Academy made the night a complete success for the school.

SBA Boys Play Lacrosse

By Jace Bensch - 10th grade

With the ski season finished, SBA students have turned their focus to dryland training and school work. But, as a supplement to our traditional conditioning workouts, SBA and Truckee High School have combined to form a men's lacrosse team. This year the Sugar Bowl Academy is fielding five players on the high school team and one on the middle school team. Most of the players from SBA are new to lacrosse this year, but after only one or two days of practice we've gotten the hang of it—at least enough so that it's fun and competitive.

Like skiing, Lacrosse has fueled our

need for competition, albeit with a little less intensity. Fifty-second slalom runs have been replaced with two-hour-long practices. And there is certainly a new dynamic. As a team sport, we not only have to mix technique and tactics, but we also play head to head with each other and with other teams. A lacrosse team consists of ten players on the field at a time, working together seamlessly: one goalie, and nine players split evenly between defense, attack and midfield. While the intricacies of ski racing are almost second nature to many of us, we are still getting to used to the idiosyncrasies of lacrosse—rules like defenders can only occupy the backfield, the goalie can come out of the crease, and the team in possession

only has 34 seconds to get the ball across midfield. As we buckle down on school work it is nice to have a non-skiing outlet for our stress. Plus, winging a rubber ball around the field at 50 miles an hour is a lot of fun.



Getting into College

By Gabby Anthony - 12th grade

For a spring term senior, the previous fall seems millennia away. However, the first months of the school year required significant focus and hard work. Seniors were required to complete forms, write multiple revisions of essays, and had to rush to make college application deadlines. School did not stop for college applications, but on top of all other schoolwork, seniors had to complete them if they wanted to be in college the following year. Stress levels increased as the college application deadlines drew closer and closer. This year, Carmen, Will, and I had

Choosing a College

By Carmen Fregulia - 12th grade

As spring semester seniors our mental process for deciding on a college can range from the high minded to the fickle: anything from, "Do I want to major in Pre-Med or English Literature" to "Do I want to live on the beach or in the mountains?" Ask any undecided senior where he or she is going next year, and you should expect a groan. It is, we are realizing, a pretty big decision.

Gabby Anthony, Will Kanellos, and I applied to at least six schools apiece this year. Gabby was accepted to Saint Lawrence, University of Vermont, University of Colorado

to undergo the dreaded college application process. One of the most challenging aspects was to write unique and insightful essays that would set us apart from the rest of the applicants. Carmen wrote about her lifeguarding job over the summer, Will wrote about his stubbornness as a kid to not eat fruits or vegetables, and I wrote about an influential person in my life, my grandfather, a 61 year old martial arts instructor. After writing an initial draft, with the help of Mr. Reed and Ms. Wilson, each student received more than enough feedback, sometimes writing up to 15 revisions per essay before it was ready to be mailed off. Then in

at Boulder, University of Denver, and University of Oregon. Will was accepted to University of Nevada Reno, CU Boulder, University of Denver, and Westminster. I was accepted to Gonzaga, Westminster, CU Boulder, UC Berkeley and UC Santa Barbara. Now we are at the hardest part of senior year: deciding where exactly we want to live and go to school for the next four years.

Choosing a college to go to is so much more complex than we dreamed it would be last fall. At the root of the decision is academics, but there are plenty of other elements of college life to consider. Some of us may want a college where campus life is the



late November, with only a couple clicks of the mouse, everything was complete and it seemed as if a huge burden was lifted from our shoulders. The only thing left for Carmen, Will, and I to do was to wait for our acceptance letters to start coming.

most important thing, and others may want nothing more than to paint our bodies up for football games and be the loudest fan in the stands. Then there are other factors, such as the cost of college, that are very important to our parents. There are some things that we will have to sacrifice no matter where we go, but also unique things that we stand to gain from each school.

Ask two of the three seniors at SBA, and we still don't know where we're going to go! Gabby and I are still deciding, while Will has opted to defer college and pursue ski racing next year. Right now Gabby and I are pretty jealous of Will—if only because we want to be done with the deciding!

Notes From the Road: Reflecting on Ski Season

By Jake Scannell - 11th grade

During the past ski season many Sugar Bowl Academy student athletes traveled all over the United States. We started our season with a pair of Colorado camps in October and November. When snow was scarce in Tahoe in early December, the entire Academy, students, teachers, and coaches, moved down to Mammoth, holding classes in the Mammoth Lodge. The season fully began after a tech series in Utah. Brent Talbott, Will Kanellos, and Jake Scannell made a trip to the East Coast with Guenther Birgmann for a great racing experience. They traveled throughout the Northeast for two weeks and, in spite of cold weather and stiff competition, the athletes managed to ski very well. A large group went to Big Sky, Montana for some speed races. The team was a little shaky during the training runs, but eventually the athletes gained a

load of confidence and skied much better. In late February, another large group made their way to Jackson Hole, Wyoming. The boys group traveled in style via Guenther's super van, featuring multiple iPod docks



and a flat screen TV. The J1-2 Junior Olympics were held in Schweitzer, Idaho while the J3 group had their JO event in McCall, Idaho. Three athletes, Jacqui Lebel, Katie Fitzpatrick, and Jake Scannell, attended J2 Nationals in

Aspen, Colorado in mid March. Many FIS athletes traveled to Utah for an FIS tech event with the women earning many top 15 finishes. The team finally had a race at home for the Far West Championships from April 3rd to the 6th, in which almost all of the Sugar Bowl Academy athletes competed. We had multiple podium finishes throughout the J1s, 2s and 3s, with Brent Talbott, Dylan Murtha, and Zoe Fiorio skiing very well. The season ended with a long elite series in Mammoth, and some awesome results to wrap up the season.

Highlights from this season include Dylan Murtha, who became the J3 GS champion of the country, and lowered his points to 79, Jacqui Lebel who skied into the top 5 in multiple races, including the J2 National GS, and Katie Fitzpatrick who lowered her slalom points to 62. All in all, it was one of the best years for the Sugar Bowl Ski Team in recent memory!



Coach's Corner

By Aaron Atkins - Director of Competition

As I write this, the SBA student athletes are working diligently on finishing up the academic year. They have also started the spring conditioning program with great intensity, and are participating in the local lacrosse league. This is the first spring that our student body is intent on starting the upcoming ski season with more drive and determination than ever. You have all seen highlights from during the season so I would like to take a moment to look ahead at what we have lined up for this summer.

As all of you know, our summer camps are organized and ready to go. We have athletes participating in our June camp, and three different New Zealand camps that have been tailored to different skills and race levels. We are very excited about the academic component for these camps that will help in our efforts to improve academic performance during our competition season. We will also have athletes involved in NDS, National Development Team, and Regional Camps this summer. The fall camps are organized and we will be sending two groups to Colorado in the fall to Loveland and Copper Mountain. Please look for that information at the end of September.

Our athletes will be participating in our physical testing at the end of school and all athletes will be expected to continue with conditioning and pursuing other sports during the summer so they are prepared for productive camps and fall conditioning when they return. Our staff has put together a great conditioning manual that includes materials for strength,

energy systems development (aerobic / anaerobic), agility, core, movement prep, and nutrition. This program is the basis of our conditioning philosophy, and our older, more experienced athletes will be getting a more specific strength program when we feel comfortable with their ability to execute complex lifts.

To finish, I am proud to say that this group of SBA student athletes has produced the best results ever for SBA, but I also need to point out that a true marker of success is the depth of improvement by all involved. We have athletes moving on to NCAA programs on scholarship, others going to study abroad, and many race wins. We also had five athletes improve their rankings by 50-96 pts. This is a remarkable accomplishment, and these results show that all athletes can find success at SBA.

Please call the coaching staff with any questions concerning camps, equipment, or conditioning. We are all here to help. Thank you and have a great summer.

Meet Jeff Schloss, SBA's New Nordic Coach

By Ambrose Tuscano - Teacher

This spring Sugar Bowl Academy made a move to strengthen its Nordic racing program by hiring Head Coach Jeff Schloss. Schloss is the former head coach at the University of Nevada Reno and of Far West Nordic; in 2006 he was named US Ski Team coach for the US World Junior Nordic team and the US Under-23 World Championship team, leading the US Junior Team to its best results in twenty years! In spite of all his well-earned accolades, Schloss is probably something of an unknown in the Alpine racing world, so I sat down with him to learn more about SBA's newest community member.

Unlike many high profile ski coaches, Schloss was not a skier in his youth. He got involved in Nordic skiing when he moved from Santa Barbara to teach at an outdoor education school in Yosemite. In the winter, Schloss, an avid runner, tried cross country skiing as a way to stay active and fell in love with the sport. He began entering some citizen's races, the majority of which were in the Tahoe region, and in 1988, when he learned that Truckee High was looking for a Nordic coach, he took the job and moved permanently to Truckee. Schloss, a Bay Area native, and

UC Santa Barbara alum, now considers Truckee "the center of the Universe." It offers opportunities to pursue all of the activities he loves, including rock climbing, cycling, running, kayaking, backpacking, and, of course, lots of skiing. In his 21 years of living and coaching in the area, Schloss says he's encountered many athletes who have



Jeff Schloss on a recent skate ski circuit of Matterhorn Peak, near Bridgeport. Photo by Mark Nadell

impressed him: "Cross country skiing is such a hard sport and it takes so much self discipline to succeed at it. I have been blown away by how hard most of the athletes I have coached have worked." When asked to pick one memorable athlete he's

coached, Schloss chooses Matt Gelso, named to the US Ski Team at age 18 and currently the top Nordic skier at the University of Colorado, where he has been an NCAA All-American the past three seasons. When I ask Gelso about his former junior coach, he offers nothing but glowing praise: "Jeff Schloss is pretty much totally responsible for the skier I am today."

To an outsider, coaching at the collegiate level and turning a club team into a national Division I contender may seem like the obvious high point of Schloss's impressive career; to my surprise, he says that in many ways he prefers working with high school age skiers. "I coached at UNR for eight years and liked it a lot," Schloss says, "but I actually prefer working with juniors because I have more of a chance to make an impact on their lives when they are younger."

Of course, this seems to be the perfect philosophy for SBA's new Nordic coach. At the Academy he'll be sure to have opportunities to impact young skiers, body, mind, and spirit. And given Schloss's previous track record, the most likely outcome for the school's newest Nordic athletes is racing success.

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THE FAR WEST'S LEADING COLLEGE PREPARATORY SKI ACADEMY FOR STUDENTS IN GRADES 7-12 (PG)

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