**NVC U14 SG Camp and Race at GMVS/Sugarbush Information**

**$35 per day – Cash or checks only.** Please make checks payable to GMVS.

**Feb 8 Camp**

7:30 - 8:30 Registration in the Sugarbush/GMVS Ski Club (located next to the Inverness lift at Mt. Ellen)

8:00 lift for set sections (pole jumpers, Apex, 27 meter turns, timed tuck turns)

8:30 lift for athletes

8:45- 9:15 inspect sections

9:20 - 10:30 run sections

10:30 combine sections

10:40-11:00 inspect sections

11:15 - 12:30 run sections

12:30 lunch set full

1-1:30 inspect full course

1:45 - 3:00 run full length (2 / athlete)

All skiing will be confined to Inverness during these 2 days.

Absolutely NO fast skiing anywhere else but on Inverness.

Lift privileges will be revoked for violation .

**Feb 9 SG race**

7:00 – 8:15am Registration in the Sugarbush/GMVS Ski Club (located next to the Inverness lift at Mt. Ellen)

8:00am lift for coaches and athletes

8:15– 8:45 controlled warm up (non stop)

8:45 Coaches meeting (in finish area)

8:45 set SG course

9:00– 9:50 inspection

10:00 start training run required (not timed)

11:30 course adjustments

12:00- 12:30 Race Inspection

12:45 Start SG race

Awards ½ hour after SG race completion in the GMVS Clubhouse.