**2015 U10/12 Stubby SL Fundamentals Camp Schedule**

Quechee Mountain, VT, Friday, February 6, 2015

**Clubs Invited**

All MVC Clubs and their athletes limited to 150 athletes

**Format**

Based on the number of athletes and clubs in attendance, we will have one gate drill for every 15 athletes with a maximum of 10 gate drills and 2 free ski drills.  Athletes will be grouped by ages, U10 and U12, with athletes from every participating club represented in each group.  Please remember to keep your group moving and skiing with limit talk time.

**Athlete and Coach Schedule**

7:45 am Registration in Base Lodge

8:40am                   Brief Athlete Meeting, opening remarks, break into groups On deck outside Base Lodge

8:55am                 Depart for lifts

9:00am Lifts Open

9:00am                    2 free ski runs

9:15 – 9:45am         Free Ski SL Drills (same for all)

9:45 – 11:45am      SL Gate Drills

11:45 – 12:30pm     Lunch (must provide your own or purchase from club)

12:30 – 2:30pm      U10 dual stubby course on the T-Bar and U12 course on the Face

**Parent Program**(more to come)

9:15am                    VARA pipeline and keeping athletes in the sport - Alex Krebs, VARA Junior development Coordinator

10:00am                  Swix Tuning Clinic - Jerry Murphy, Swix Race Service, will show the specifics of waxing for this U10/12 age group.

11:30am                  Lunch with athletes

12:30am                  SWIX waxing clinic – Jerry Murphy, Swix Race Service, will show the specifics of waxing for this U10/12 age group.

There is still a possibility that POC will be here, more to come.