

2017 U14 Super G Camp Schedule

Okemo Mountain, VT
Girls & Boys Sunday January 29th

Format

The day will consist of a morning and afternoon session. The morning session will consist of stations in groups on Chief. The afternoon session will consist of a full length SG on Chief. See schedule below and hill plan for more details. **Athletes must use GS or SG skis (NO SLALOM SKIS)**

Cost

\$40 per athlete – all athletes will receive a bib for the day, which must be returned at the end of the day - \$100 fee for a lost bib.

Athlete Rosters

Please submit your athlete rosters by Thursday, January 26th by the end of the day to jrobbins@okemomountainschool.org. Rosters must indicate the athlete's name (last, first), USSA#, gender, and be in an Excel spreadsheet if possible, not Split Second. All participating athletes must be current USSA and VARA members.

Coach Rosters

Please submit the names of the coaches that will be attending by Thursday January 26th by the end of the day.

Schedule

7:30 – 8:15am	Registration in the Okemo Competition Center
8:45am	Coaches Meeting in the Basement of the Summit Lodge
9:00am	Athlete and Coach Meeting in the Basement of the Summit Lodge
9:15 – 11:45am	Athlete groups utilize stations on Chief (see hill plan); Groups 1-7 all on Chief.
11:45am – 12:30pm	Lunch (must provide your own or purchase from cafeteria)
12:30 pm	Athletes and Coaches meet in the basement of the Summit Lodge
12:45 – 3:00pm	Athlete groups will ALL be on Chief for SG training runs (no need to stay in groups).

Contact: Charles (Jet) Robbins jrobbins@okemomountainschool.org

2016 U14 Super G Camp Hill Plan

Okemo Mountain, VT

Stations:

Trail: Upper and Lower Chief

First Element: Starts and skating practice from the Start House

Goal: To develop strong starts and good skating technique

Location: Start House at top of Chief

Second Element: Pole Jumpers

Goal: Efficient movement, jumping off both skis, landing on a flat ski, this will be done both in a tuck and out of a tuck

Location: On the flat section below Chief Start House – just above “Head Wall.”

Third Element: Gate section on the “Head Wall” – SG gates set at approx. 30 m with significant offset

Goal: Work on turn shape in longer radius turns, become comfortable with steeper terrain, carve clean arcs

Location: Top of the Head Wall – near tower 16

Fourth Element: Moving over terrain

Goal: Lean how to move over terrain with speed, focus on keeping skis on the ground and pressing the backside of terrain

Location: Just below gate section on headwall, and just above coaches knoll

Fifth Element: Jump over elevator shaft- straight run into jump, athletes can start at different distances above the jump to progress as they feel comfortable

Goal: learning how to move over terrain, absorbing, pressing, pre-jumping, air awareness

Location: Airplane turn just below the Work Road over elevator

Sixth Element: Wave Track

Goal: Efficient movement, when and where to move to absorb terrain

Location: Skier's left near the bottom of the trail

Seventh Element: Straight run with Speed Trap

Goal: Get comfortable with speed, work on good tuck position

Location: Start below GS wave track – speed trap near bottom of Chief

*****Coaches please slip gate section on Chief each time you rotate through with your group to stay on top of course maintenance*****

*****Athletes planning to attend the SG race the following day must attend the SG camp*****

*****We may need help rolling B Net on skier's left of Wardance at the end of the camp****

