



St. Michaels College and SNSC U12/U14 Slalom Training Camp



Help Support two local programs, the St. Michaels College Alpine Ski Team made up of many local athletes from GMVS and MMSC, as well as all the other athletes looking to achieve their collegiate skiing goals and the Smugglers' Notch Ski & Snowboard Club, whose mission is to provide the highest-level training at the lowest possible cost for the athletes.

Date: April 15th, 2017

Cost: \$50

Athletes: U12 and U14 Athletes (Birth Years 2003-2006)

Camp Goal: The purpose of this one day camp is to allow U12/U14 ski racers from around the region to have access to late season training in slalom specific drills and tactics. Athletes will be guided by high level athletes and coaches from Saint Michael's College and the Smugglers' Notch Ski & Snowboard Club (SNSC). U12/U14 racers will have the opportunity to be coached by and watch athletes with experience racing at the EISA, Nor-Am and Europa Cup levels. Athletes will have access to multiple drills and training courses on terrain ideal for obtaining and perfecting skills.

To Register: Please use online at www.adminskiracing.com or email Ryan Sheredy at rsheredy@live.com

Liability Waiver: Must be signed and returned to registration on the day of the camp. (Attached below)

Registration opens on March 16th, 2017.

Any questions: Please email Ryan Sheredy at rsheredy@live.com

What to Expect:

Expert Coaching

Athletes will be separated into teams made up of 5-6 members. Each Team will be led by a coach who will be responsible for these athletes. Athletes will have access to other high level coaches during the two days at specific drills or courses. The coaching Staff will consist of St. Michaels college athletes, SNSC coaching staff. All these coaches and athletes have had experience coaching and racing at every level of the sport and will use their vast experience to provide a great learning environment for athletes.

Fun Experience with Athletes From a variety of backgrounds and nationalities: With U.S. athletes from all over New England, Minnesota, California, New York, New Jersey, Colorado, Utah, Pennsylvania, as well as foreign athletes from Norway and France, these athletes have a variety of experiences and influences to share with the athletes.

Drills and Courses

During the camp athletes, will review inspection techniques, slalom technique through freeskiiing drills, and Slalom tactics through drills courses. There will also be the opportunity for timed SL runs in the afternoon.

Location: Practice Slope, Sterling Mountain, Smugglers' Notch Resort

Lift Access: T-Bar Lift – Allows for quick access to training venue

Coaches: Ryan Sheredy – SNSC Head Coach, level 300 USSA educated



Gus MacLoed – St. Michaels College Head Coach, level 100 USSA, Former US Ski Team Tech

St. Michaels College Ski Team Athletes – 4 of the 20 SMC alpine athletes are below



Guillaume Grand (FRA) – Former French National Team member 2011-2013, 2016-2017 NCAA Championship Qualifier



Anna Willassen (NOR) – 2017 NCAA Championship Qualifier



Danny Duffy (USA) – GMVS Graduate class of 2012, Former U.S. Development Team Member, 2016 Vermont Alpine Racing Association Collegiate Skier of the Year



Torjus Grimsrud (NOR) - 2017 Captain, 2016 NCAA Championship Qualifier, 2016 USCSCA National Collegiate All-Academic Ski Team

Schedule

8:30-9:00 – Intros, Daily Plan, and Separate into Groups @ SNSC Clubhouse on Sterling mountain

9:00-12:00 – Morning Session

Freeski run/Warm-up/Stretch

SL Drills

SL Drill Courses

12:00-1:00 – Lunch (Athletes can use SNSC Clubhouse to eat meal)

1:00-3:00 – Afternoon Session

Freeski Run/Warm-up

SL Drills Courses

Timed SL courses

Cool Down/Stretch

3:00-4:00 – Pick-up @ the SNSC Clubhouse on Sterling mountain

Directions to Smugglers: Smugglers Notch is located on route 108 S. The only access is from the North during the winter since the notch road is closed. From Route 15 you turn onto route 108 S in Jeffersonville and follow it up to the Smugglers Notch Resort. To get to the upper mountain you

continue past the main entrance to the resort up route 108. Parking will be on your right and the driveway to the base lodge will be on your left. If you wish you can continue past these options to the upper parking lot which is around the corner up to where the notch road is closed (this is ski in and out access only)

Parking: Parking is available in the two main lots across from the base lodge driveway. The Upper Parking lot is available for racers or coaches that want to ski from their car and ski back to it at the end of the day. Please don't park in the club member parking lot at the end of our driveway.

Lodging and Meals: This camp is a day camp and no lodging is provided through the camp directly. Lodging can be found through Smugglers' Notch Resort or Sterling Ridge Resort. A limited number of host families can be made available as well for athletes comfortable staying with other SNSC families and athletes. Meals are not included in the camp fee. A lunch and breakfast need to be brought with athletes or bought and the Madonna base Lodge.

Cancellation and Refund Policy: April in Vermont can be hard to predict for snow conditions, if there isn't enough snow remaining on the training arena then we will give fair notice of the cancellation of the camp (5 business days). And all entry fees will be returned within 48 hours. If an athlete can't make it to the camp and informs SNSC prior to 48 hours of the start of the camp a full refund can be returned.

Smugglers' Notch Ski and Snowboard Club

Liability and medical Release

This is a release of Liability, please read carefully before signing or engaging in this activity. The undersigned hereby represents that he/she is at least 18 years of age or in the event that he/she is not, the undersigned hereby represents that he/she is a parent or legal gaurdian of said participant. (participant and undersigned hereafter referred to collectively as "Competitor".)

_____ Initial here

Furthermore, the undersigned warrants and represents that the competitor is in good health, and that there are no special problems associated with the competitor and the undersigned has left no special instructions regarding the competitor that have not been listed on the registration form.

I/We understand and accept the fact that alpine skiing, nordic skiing, and snowboarding in the various forms, are inherently HAZARDOUS sports that have many dangers and risks. It is further understood that training or racing and skiing competitively is more inherently HAZARDOUS than recreational skiing. I/We realize that injuries are common and ordinary occurrence of this sport. I/we agree as a condition of being allowed to use the ski area facility and premises, that I/we freely accept and voluntarily ASSUME ALL RISKS OF PERSONAL INJURY OR DEATH or property damage which ski area including, but not limited to , grooming, snowmaking, ski lift operations, actions or omissions of employees or agents of the area, or competitor's participation in skiing, training, any competitive event or any continuance thereof, or in the course of travel to or from any such event, or in the course of travel to or from any medical facility or other activities at the area.

_____ Initial Here

I/We agree with the premise that competitor is a competitor at all times, whether practicing for competition or in competition. I/we agree that the competitor is always provided an opportunity to conduct a reasonable visual inspection of the training or race course. I/we agree and understand that the competitor will be held to assume the risk of all course conditions including, but not limited to weather and snow conditions, course construction or layout and obstacles.

_____ Initial Here

Warning

Under Vermont law, a skier assumes the risk of any injury to person or property resulting from any of the inherent dangers and risks of skiing and ski racing and may not recover from any ski area operator for any injury resulting from and of the inherent dangers and risks of skiing, including; changing weather conditions, existing and changing snow conditions, bare spots, rocks, stumps, trees, collisions with natural objects, man-made objects, or other skiers, variations in terrain and the failure of skiers to ski within their own abilities.

I/we freely accept the full responsibility for any and all damages or injury of any kind which may result and agree to indemnify and hold Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, United States Ski Association, sponsors and all their officers, agents, and employees, acting officially or otherwise, harmless for any claim, demand, actions or causes of action arising out of or on account of any injury or damage to said competitor or competitor's property arising from the negligence or breach of warranty, express or implied, of the above entities and persons affiliated with said entities.

_____ Initial here

I have carefully read and understand Page 1.

_____ Initial Here

This is a medical release, please read carefully before signing and engaging in activity.

The competitor authorizes Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, and/or the United States Ski Association authorized personnel to call for medical care for the competitor or to transport the competitor to a medical facility or hospital if in opinion of such personnel, medical attention is needed for the competitor. The undersigned agrees that upon the transporting of the competitor to any such medical facility or hospital, Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, and /or the United States ski association or its sponsors shall not have any further responsibility for the competitor. Consent is expressly given in the event of injury, for any emergency medical aid, anesthesia and/or operation, if in the opinion of the attending Physician such treatment is necessary. Further, the competitor agrees to pay all costs associated with such medical care and related transportation for the competitor and shall indemnify and hold harmless Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, and/or United States Ski Association, sponsors their subsidiaries, their respective officers, directors, agents, servants, and employees of and from any costs incurred therein, as provided in the preceding paragraph.

Insurance. I/we currently have, and agree to maintain throughout the time that I/We participate, valid and sufficient medical and accident insurance. I/we understand that this is my/our sole responsibility and release all persons and entities from providing this coverage for me/us.

_____ Initial Here

By signing below, I/we agree all rules, policies, and conditions for membership and participation in programs and rules and conditions governing the Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, and/or the United States Ski Association and all other ski areas.

This release shall be binding upon the assignees, subrogors, distributees, heirs, next of kin, executors, and administrators of the undersigned and may pled by the Smugglers' Notch ski and Snowboard Club, Smugglers' Notch Resort and/or the United States Ski Association, and sponsors, as a complete bar and defense against any claim, demand, action or cause by or on behalf of the undersigned.

Further, full permission is hereby given to use any photographs or movies of said competitor taken during any competitive event or training exercise for any purpose in promoting events of Smugglers' Notch Ski and Snowboard Club.

I/WE HAVE CAREFULLY READ AND UNDERSTAND THE TERMS OF THIS RELEASE AGREEMENT CONTAINED ON PAGES 1 AND 2. I/WE ARE SIGNING IF FREELY AND REALIZE THAT IT SI BINDING UPON MYSELF, MY HEIRS AND ASSIGNS AND IN THE EVENT, I AM SIGNING IT ON BEHALF OF ANY MINORS, THAT I HAVE FULL AUTHORITY TO DO SO, REALIZING ITS BINDING EFFECT ON THEM AS WELL AS MYSELF.

_____ Competitor Name	_____ Competitor Signature	_____ Date
_____ Competitor Name	_____ Competitor Signature	_____ Date
_____ Parent or Guardian, in the event competitor is less than 18 years old Competitor Name	_____ Parent or Guardian Signature	_____ Date