

2020 MVC U12 Super G Camp Invite and Schedule

Okemo Mountain, VT

March 1, 2020

Clubs Invited

All MVC Clubs' U12 athletes. Coaches' discretion is encouraged in choosing athletes for whom this will be an appropriate camp.

Format

The day will consist of a morning and afternoon session. The morning session will consist of free runs to warm up and then stations in groups. The afternoon session will consist of more stations in groups with all athletes having the chance to work on each station. We will be utilizing both Chief and Wardance. See schedule below and hill plan for more details. **Athletes must be on their regular GS skis or longer. No SL 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

All athletes must register and pre-pay for the event through adminskiracing.com at <https://adminskiracing.com/node/187967>. Please have your athletes register by Wednesday, February 26th at 9 am (registration will close at this time) so that camp groups can be organized. All participating athletes must be current US-SS and VARA members.

Coach Rosters

Please submit the names of the coaches that will be attending by Wednesday, February 26th to Mariel at mmeringolo@okemomountainschool.org.

Schedule (subject to change)

7:30 – 8:30am	Registration in the Okemo Competition Center
8:45am	Coaches Meeting at the Yurt at the bottom of Wardance
9:00am	Athlete and Coach Meeting at the Yurt at the bottom of Wardance
9:15 – 11:15 am	AM Training Session in coach led athlete groups
11:30am – 12:15pm	Lunch at the Sugar House (must provide your own or purchase from cafeteria)
12:15 pm	Athletes and Coaches meet on the 3 rd floor of the Sugar House
12:30 – 2:30pm	PM Training Session in coach led athlete groups
2:45pm	Meet on the 3 rd floor of the Sugar House for camp wrap-up

Parent Tickets

Parent tickets are available for \$50 plus tax by obtaining a voucher at registration and taking it to the Resort Services Desk in the Clocktower Base Lodge of Okemo.

Contacts:

Mariel Meringolo, 802-228-1513 x1, mmeringolo@okemomountainschool.org

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