

## Quechee U10/12 SL Camp Drills 31Jan2020

### **Schedule**

6:30am Coaches setting courses arrive at base lodge  
6:50am Coaches leave base lodge to set courses  
7:30am Registration downstairs base lodge  
8:30am Team Captains Meeting at the lift  
8:45am Athletes meet their groups at the lift  
9:00am Board quad lift for free-ski runs and stretches in groups  
9:30am Parent program - see below  
9:30am SL Drills - list below  
11:30am Lunch (bring your own or purchase from cafeteria)  
12:30pm Untimed U12 dual SL on the Face, U10 dual SL by the T-Bar

**Register/pay** at [adminsikiracing.com](http://adminsikiracing.com) by **5pm Thu 30Jan2020**.

**Recommend** U10 shin guards, U12 shin/chin/hand guards (tall gates)

**Parents** 9:30am ski tuning clinic with Swix Rep Jerry Murphy - upstairs base lodge

**Coaches** please send [stephenseverson@gmail.com](mailto:stephenseverson@gmail.com) by **Thu 30Jan2020** names of coaches who can come at 6:30 to set and any other coaches who can lead a group.

**Coaches Setting Courses** load into a van at 6:50 to drive to the top of the hill. Bring all the equipment (drill, stubbies, brushes) needed for your set. Be done by 8am so we can be back at the bottom to collect our athletes. Set afternoon dual at 11:30.

**Format** SL drills and free-skiing on Face and T-bar in groups with a coach in the morning, untimed dual SL in their groups in the afternoon.

**Medical plan** available at registration and at the coaches meeting.

**Parent Tickets** \$22 at the ticket window

# Quechee U10/12 SL Camp Drills 31Jan2020

**#1 Skating:** Handle Tow, skier's left – set by Quechee  
skate up from the bottom 30m around a whisker with poles across your shoulders  
Intent – get hips forward over the ski on edge

**#2 Whisker Flush:** Above T-Bar but below trees - Pico  
two sets of 10-15 whiskers - ~1.5 m and 3+m - try the 3m on one ski (hike back up)  
Intent: get forward, plant both poles, get the ski across the hill to control speed

**#3 Tall Gate Flush:** T-Bar – Pico  
10-15 60" tall gates 2m apart on the flat part at the top - try not hitting gates & hitting  
Intent: don't turn very much, stay on front of your boot, keep your elbows up in front

**#4 Turn Shape Drill:** Upper T-Bar skier's left – Okemo  
U10s stubbies, U12s stubbies+talls with whiskers 2m above + 3m below for turn shape  
Intent: turn above the gate

**#5 SL+traverse:** Upper T-Bar skier's right – S6  
five 5m whiskers; a GS turn across the hill to five more 5m whiskers; repeat 5-6 times  
Intent: Establish distinctly different turn shapes for SL and GS turns.

**#6 Ankle Roll Flush:** To left and right at top – Quechee  
15+ whiskers set in a straight line  
Intent: cuff pressure, minimize turning

**#7 Angled gates:** Chute above Face – Quechee  
10-15 angled stubbies (U10), talls (U12) at 5-10m, becoming more vertical  
Intent: pole plant, reduce fear of hitting gates

**#8 Corridor:** Upper Face – Killington  
Two lines of whiskers 12m apart down the fall line to make a corridor  
Turn using the **whole width**, hold poles vertically and horizontally, hands on hips  
Intent: get hips forward to get the ski to grab, speed control, consistent turns

**#9 SL course:** Lower (tower 6) Face, U12 skier's left, U10 skier's right – Killington  
Subbies for U10s on the right, tall gates for U12s on the left. 10-12 gates 6-9m, stop,  
10-12 more gates in a 2nd course below.  
Intent: pole plant, get turn established before the gate, no leaning in

**Afternoon Dual SL** – upper and lower dual courses U12 tall gates on Face (Killington),  
U10 stubbies on T-Bar (Pico)