



OKEMO

MOUNTAIN RESORT

MVC U12 Terrain/Speed Camp Feb 6th 2022

Race Announcement

- Event: M/W
- Invited: MVC Clubs U12- Coaches discretion is encouraged to register
- Register All athletes must register and pre-pay for the event through <https://adminskiracing.com/> Registration closes Feb 4th at 9:00am
- Coaches Register by Feb 4th <https://adminskiracing.com/>
- Race Trail: Chief & Wardance
- **Team Captain Meeting** https://teams.microsoft.com/l/meetup-join/19%3ameeting_MDlhZjU2NjAtOTg0NC00NDUxLWE0NTUtMjE0ZjhjYjFmNDA2%40thread.v2/0?context=%7b%22Tid%22%3a%22e35ee0a8-6376-4761-a279-54dde1923161%22%2c%22Oid%22%3a%22caad32fd-0176-416e-bd2f-b874a8278fad%22%7d
- Lesson line: athletes and coaches can use lesson line please alternate every couple groups and send out full chairs
- All racers must be current USSS & VARA members
- All “day of event communications” will be done on WhatsApp

Race Organizing Committee

- TD & Referee Pick up Radio at Comp Center
- Technical Delegate: TBD
- Chief of Race: Wayne Conn
- Referee: TBD
- Assistant Referee: TBD
- Chief of Course: TBD

RACE Day Schedule (subject to change)

- 7:00am Parking Lots Open
- 7:30 am Jury
- 7:45-8:30 Bib/Ticket Pickup at Okemo Competition Center – Team Captains only, disclose pulls to RA
- Bibs returned at Finish “Yellow and Blue Bag” \$100 Fee for lost Bibs
- 8:00 lift Black Ridge Triple & Sunburst Six
- 9:00 am Athlete and Coach Meeting at the Yurt at the bottom of Wardance
- 9:15-11:15 AM Training Session in coach led athlete groups
- 11:30am-12:15pm Lunch at the Sugar House (suggested location - must provide your own or purchase from cafeteria. **Anyone 12+ must provide proof of COVID vaccination to enter the café/seating area**)
- 12:15pm Athletes/Coaches meet on the deck of the Sugar House
- 12:30-2:30pm PM Training Session in coach led athlete groups
- 2:45 Meet on the deck of the Sugar House for Camp Wrap-up

RACE Day Format

- Morning and Afternoon Sessions 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.
- **Athletes must be on their regular GS skis or longer. No SL skis**
- Schedule below and hill plan for more details

Schedule and Hill Plan:

Trail: Upper and Lower Chief:

First Element: Starts and skating practice from the “U16 Start” (OR start house)

Goal: To develop strong starts and good skating technique

Location: U16 Start Mound just below the start of the trail

Second Element: Gate section on the “Head Wall” – SG gates set at approx. 28 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

Third Element: Short gate section from just above Coaches’ Knoll to just above Work Road with less offset

Goal: Long even pressure, efficient movement, clean arcs; progress to making turns in a tuck

Location: Above Coaches’ Knoll/Tower 14

Fourth Element: Gate section from Work Road over Airplane over Elevator through Zig Zag

Goal: Work on turn shape in longer radius turns learning how to navigate a gate section over varied terrain.

Location: At Work Road – above Airplane Turn

Fifth Element: Tuck and Glide Drills (no gate set) – Work on proper tuck technique going over high and low tucks. Suggested progression run to run: Straight runs; straight runs in tucks; traverses moving in and out of tucks; tuck turns utilizing both low and high tuck.

Goal: Work on balance, efficient movement, body position in and out of tucks

Location: Just below the GS Finish

Rotation Pattern on Chief:

Following two free runs on Chief, each group should take an inspection run to inspect all stations. Then groups begin utilizing stations beginning with Station 1 and continuing through the stations in order. The Sunburst Six lift should be used.

Trail: Wardance

First Element – Skier's Left: Jump

Goal: Learning when and where to move, how to move and how to land, feeling confident to take air

Location: Skier's left below the work road

Second Element – Skier's Left: Spine Gate Set – GS set utilizing the spine terrain

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

Location: Below jump

Third Element – Skier's Left: Roller Gate Set – GS set utilizing rolling terrain

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

Location: Below spine

Fourth Element – Skier's Left: Wave Track

Goal: Efficient movement, when and where to move to absorb terrain, getting comfortable with bigger terrain

Location: Lower part of trail

First Element – Skier's Right: Straight run with Speed Trap

Goal: Get comfortable with speed

Location: Start on Work Road (or lower based on athlete's comfort level) – speed trap near bottom of pitch. Speed will be taken at first set of gates and athlete stops by second set of gates.

Second Element – Skier’s Right: 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 flats below speed trap

Third Element – Skier’s Right: Tuck turn gate set

Goal: Carve clean arcs through a gate set with little offset using high or low tucks as appropriate

Location: Lower part of the trail – from “Dave’s Spleen” down

Rotation Pattern on Wardance:

Following two free runs on Wardance, each group should take an inspection run to inspect all stations (try to inspect both lanes in one run). Then groups begin utilizing stations with half beginning on Skier’s Right and half on Skier’s Left. The Black Ridge Triple lift should be used.

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

At 2:30 pm all coaches and athletes should head to the Sugar House deck for a camp wrap-up meeting. Following this we would appreciate help pulling on each trail and please be aware that we may need to help with some fencing as well.

Okemo Medical Plan Provided by Okemo Mountain Ski Patrol for events at Okemo Mountain.

Patrol at start with sled and Bleed kit

The Ski Patrol hut, located at the Summit, it is within view of the top of Chief and has easy access to alpine venues on Chief and Wardance Trails. The Chief of Race has radio contact to Ski Patrol at all times. The Ski Patrol has a sled setup for both spinal injuries and cardiac emergencies. The Ski Patrol base area is located to the skiers left of the base lodge with OEC ski patrollers on duty at all times. Race Organizing Committee have access to patrol from radios.

Stop the Bleed kits at work road.

Due to COVID restrictions ski patrol will triage patients and ask they be met at the base for transport to appropriate medical services for minor injuries. In the event of immediate medical attention required transport by Ambulance or Helicopter will be arranged.

COVID Coordinator/Race Administrator: Robin Tracy
robin.a.tracy@vailresorts.com 802-220-1483

Covid-19 Guidelines & Information:

<https://www.okemo.com/explore-the-resort/about-the-resort/winter-experience.aspx>

Should any member of your team or staff become symptomatic, **DO NOT BRING THEM.** Contact the RA for possible refund. If any member of your team or staff become symptomatic during the day of the race, it must be reported to the COVID Coordinator immediately and the person shall be removed from the race/venue. Team Captains must have a plan to get this person home or to health care.

Mask Policy & Vax Policy: Masks should be worn in all indoor public places. **MUST** present Vax card to gain entry to cafeteria food venues.

Additional Information

- **No Fast Free Skiing on SG Skis, unless in netted venue**
- Put down safety bars
- Keep lift tickets/passes on you at all times
- Athletes and coaches can use dedicated lessons line
- **Athletes must use GS or SG skis (NO SLALOM SKIS, Pole Guards, or Chin Guards)**
- No skiing on race venue
- All gear must be outside the fence if your stationed on the hill
 - Drills in hand, hook or outside fence, no drills left vertical in the snow
- Only enter and exit trail when a course slip is in progress
- All movement must be done during a course slip, or hold

Parent and Spectator information:

- **Parent Ticket** - Walk through the clock tower veer to right to single ticket window. Look for a blue sign, "Event Parent Ticket Pick-up."
 - Two ticket will be available for \$49.00. You will need to supply athletes name to redeem tickets. Cash not accepted at ticket window.
- Walking to finish area is okay on lower mountain road, **No Skinning/Uphill Skiing shall be permitted!**
- Sugar house is open for food, bathrooms, and warming.
 - Must show proof of VAX to access cafeteria 12 y.o. under VAX not needed.
- Summit is warming and bathrooms only, no food.
- Please social distance.