

2023 U14 Super G Camp Schedule

Okemo Mountain, VT
Girls & Boys Friday 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, Pole Guards, or Chin Guards)**

Cost

\$35 per athlete – all athletes will receive a bib for the day, which must be returned at the end of the day - \$40 fee for a lost or unreturned bib.

Additional Information

- Put down Safety bars
- Keep lift ticket/pass on you at all times
- No fast free skiing on SG skis, unless in netted venue (Chief)
- Athletes and coaches can use dedicated lessons line (try to make groups of 6)
- A Team captains meeting will take place the evening before the event, zoom to be shared in whatsapp group TCM Link: 1/28 at 5:00
https://teams.microsoft.com/l/meetup-join/19%3ameeting_YWJhNDg1MTMtYmQwZC00ZTFkLWJlZGUtMzllYTU3NzQ0MDAz%40thread.v2/0?context=%7b%22id%22%3a%22e35ee0a8-6376-4761-a279-54dde1923161%22%2c%22oid%22%3a%22caad32fd-0176-416e-bd2f-b874a8278fad%22%7d

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Coach/Athlete Registration

All attending coaches and athletes please register for the event on admin ski racing (<https://adminskiracing.com/node/449796>). Athletes will be organized into groups by their home program and led by their own coaches. All participating athletes and coaches must be current USSS and VARA members.

Schedule

7:00-8:00am	Bib/ticket Pick Up @ Competition Center by Coach
8:00am	Load Lifts
8:15am	Athlete and Coach Organize into groups and inspect stations
8:30 – 11:30pm	Athlete groups utilize stations on Chief (see hill plan).
11:30 –12pm	Lunch @Sugarhouse mid-mountain lodge or Summit Lodge (must provide your own lunch or purchase from cafeteria, card transactions only)
1pm	Athletes and Coaches meet at start
12 – 2:00pm	Chief SG training runs (Athletes will run in bib order, inspect course with home program, bibs will be returned at the end of the day in finnish area).

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

2020 U14 Super G Camp Hill Plan
Okemo Mountain, VT

Trail: Upper and Lower Chief

Stations:

First Element: Starts and skating practice from the Start House with timing. Enter athletes bib numbers for times.

Goal: To develop strong starts and good skating technique

Location: Start House at the top of Chief

Second Element: Gate section on the "Head Wall" – SG gates set at approx. 30-35 m with offset

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

Location: Start on top of the Head Wall – near tower 16

Third Element: Moving over terrain, with blind gate- SG Gates set 30-35 m

Goal: Learn how to move over terrain with speed, focus on keeping skis on the ground and pressing the backside of terrain (pump the hill for speed), have direction for blind gate

Location: Just below gate section on headwall, and finishing just above work road

Fourth Element: Terrain over airplane and elevator shaft with Gates 30-40 m

Goal: learning how to move over terrain, absorbing, pressing, pre-jumping, air awareness. Going into a longer distance for gliding and tuck turn practice.

Location: Work Road over airplane, stop below Zig Zag near U14 SG finish

Fifth Element: Straight Run

Goal: Get comfortable going straight and fast in a tuck, riding a flat ski

Location: On the flat section below normal U14 SG finish

PM Training Runs: Full length training runs with morning Gate sections connected, no movement on the hill, unless we are on hold or have a slipping crew. Okemo staff will start athletes and be spread out on the trail to clear and call Stop Start.

*****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 must attend the SG camp*****