

2023 MVC U12 Super G Camp Invite and Schedule

Okemo Mountain, VT

February 5, 2023

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 Chief. See schedule below and hill plan for more details. **Athletes must be on their regular GS skis or longer. No SL skis.**

Cost

\$35 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/449800>. Please have your athletes register by Friday, February 3rd at 10:00 am (registration will close at this time) so that camp groups can be organized. All participating athletes must be current USSS and VARA members.

Coach Rosters

Please have all coaches registered on adminskiracing.com at <https://adminskiracing.com/node/449800> by Friday, February 3rd.

Team Captains Meeting

A virtual TCM will be held on Saturday February 4th at 5pm – link will be sent to all registered coaches.

Schedule (subject to change)

7:30 – 8:30am	Bib/Ticket Pick-up at the Okemo Competition Center – Team Captains Only
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 (suggested location - must provide your own or purchase from cafeteria – OKEMO IS CASHLESS)
12:15 pm	Athletes and Coaches meet on the deck of the Sugar House
12:30 – 2:30pm	PM Training Session in coach led athlete groups
2:45pm	Meet on the deck of the Sugar House for camp wrap-up

Parent Tickets

Parent tickets are available for \$49 plus tax at a Ticket Window in the Clocktower Base Lodge of Okemo (displaying a sign saying "Parent/Event Tickets"). Must give the name of your athlete to purchase tickets.

Contacts:

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