



### **NYSSRA U12 SL Fundamentals Camp Holimont Ski Area**

#### **OVERVIEW:**

NYSSRA and Holimont will host a SL Fundamentals camp for a select group of NYSSRA U12 athletes. These athletes will qualify through the skills portion of Kandahar Championships. This event will provide a fun and competitive learning environment, designed to give this selected group of U12's the opportunity to learn fundamental SL skills and continue to focus on ski racing skills longer into the season.

#### **GOALS:**

- To bring together a selected group of U12's for training and competition.
- To offer SL fundamental skills and competitive duals.
- To offer a project that keeps more athletes focused on development later into the season.
- To create a working environment where coaches can share their experience with participating U12 coaches.

**DETAILS:** 2 days of SL Fundamentals and gate drills. Curriculum to include fundamental free-skiing drills, U12 brush and stubbie courses, ability/age appropriate gates, set for learning proper gate clearing, SL tactics, line, pole usage, turn shape, balance and understanding pressure. Competitive Dual SL will add pace and fun to this event.

**EQUIPMENT:** Athletes must be on SL Skis and have appropriate SL protective gear (helmet, chin bar, shin and pole guards). Strongly suggest a water bottle belt and water bottle for hydration during spring training.

**PROJECT LEADER:** Travis Widger - Holimont Race Program

**Fee:** \$150 includes two days lift ticket, coach and venue fees, project t-shirt. Payment through AdminSkiRacing.com. See Holimont Events <https://adminskiracing.com/node/235745>

## **Daily Schedule**

### **Sat. March 30**

8:00 am Athlete Check in and Registration – Holimont Racing  
8:30 am Athletes break into pre-assigned groups and coach Introductions  
9:00am Load Lifts  
9-10:30 Free Ski Skills  
10:30 – noon SL Skills  
12-1 Lunch  
1 – 3:00 SL Drills, Courses  
3:30pm Athlete Pick Up

### **Sunday March 31**

8:30 am Athlete check in – Holimont Racing  
8:45 am Meet groups and load lifts  
9:00 – 11:30 SL Tactics and Technique  
11:30 – 12:30 Lunch  
12:30 – 2:00 SL Technique and Dual SL  
2:00 Program Wrap Up  
2:30 Athlete Pick Up