



NYSSRA/VARA U12 Slalom Fundamentals Camp
West Mountain, 59 West Mountain Rd. Queensbury, NY 12804
March 30-31,2019

OVERVIEW:

NYSSRA, VARA, and West Mountain will host a SL Fundamentals camp for a select group of NYSSRA and VARA U12 athletes. These athletes will qualify through their respective State selections. 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. Bringing the two states together will also give the athletes and coaches a chance to create pace and make new friends.

GOALS:

- To bring together a selected group of U12's for training and competition.
- To integrate VARA and NYSSRA athletes in a camp environment.
- 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 LEADERS:

Stephen Mergenthaler NYSSRA Youth Coordinator mergs@nyssra.org 518-524-3328

Alex Krebs VARA Youth Coordinator alex@vara.org 802.338.1680

Fee: \$215 includes two days lift ticket, Lunch and snack each day, coach and venue fees, project t-shirt. Payment through AdminSkiRacing.com. See NYSSRA Events <https://adminskiracing.com/node/233842>

QUALIFICATION: Quota: 20 NY athletes and 20 VT '07 birth year athletes only. The VT and NY athletes will be chosen by their State Associations.

STAFFING: Staffing for this project will be a selection of 5-NY coaches, 5-VT coaches. Programs with qualified athletes should submit the name of the coach that will be participating in the project. NY Coaches' names should be emailed to mergs@nyssra.org. VT Coaches' names should be emailed to alex@vara.org.

Daily Schedule

Sat. March 30

8:00 am	Athlete Check in and Registration – West Mountain Base Lodge
8:30 am	Athletes break into pre-assigned groups and coach Introductions
8:45 am	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

8:00 am	Athlete check in – West Mountain Base Lodge
8:30 am	Meet groups and load lifts
8:45 – 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

Parents Info: West Mountain will most likely only be open for our athletes training. There are lots of things to do in the Lake George, Glens Falls, Saratoga region. The Lake George outlets are famous for the huge variety of shops and are just 10 minutes from West Mountain.

Parents should plan on staying in the area with their athlete. There are numerous lodging options in the Glens Falls area and in nearby Lake George in all price ranges, as well as restaurants for all tastes. If you are looking for something special, The Sagamore in Bolton Landing (30 min north) or the Gideon Putnam in Saratoga Springs (20 min south) are spectacular properties. www.thesagamore.com or www.gideonputnam.com If you are traveling with other children you may want to check out the Six Flags Great Escape Lodge and Indoor Waterpark, Just 10 min. from West Mountain. www.sixflagsgreatescapelodge.com