



## 2018 NYSSRA/Alpine Ontario U12 SL Fundamentals Camp

**Event Dates:** March 31-April 1, 2018

**Membership Requirement:** USSA and NYSSRA /or Alpine Canada      **Class:** 2<sup>nd</sup> Year U12 - YOB 2006

**Entry Fee:** \$210 - Includes lift tickets, lunch and snack each day, coach and venue fee, and T-Shirt.

**Entry Procedure:** Registration at [www.adminskiracing.com](http://www.adminskiracing.com) Direct link and more information can be also be found at [www.nyssra.org](http://www.nyssra.org)

**Contact Information:**

- Program Director and Chief of Race – Travis Widger- [travis@holimont.com](mailto:travis@holimont.com)
- Technical Delegate – TBD

**Race Center**

HoliMont  
6921 Rt 242 W  
Ellicottville, NY 14731  
716-699-5306

**Coaches Tickets:** Available at Registration

**Parent Tickets:** Day of the event 20% off tickets available in the HoliMont Race Center for family members of athletes.

**Volunteer Opportunities:** Please contact Quincey Widger at 716-699-5306 or [racing@holimont.com](mailto:racing@holimont.com)

**QUALIFICATION:** Quota: 20 NY athletes and 20 Alpine Ontario '06 birth year athletes only. The athletes will be chosen by their respective State/Province Associations.

**STAFFING:** Staffing for this project will be a selection of 5-NY coaches, 5-Alpine Ontario 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](mailto:mergs@nyssra.org).

**Parking and Facilities:**

- **NO SITTING ON SKI POLES WHILE RIDING UP LIFTS!**
- **Scoreboard will serve as the Official Notice Board!**
- **Please do your best to keep Main Chalet and Race Center clear of equipment, piles of jackets, and crowds!**
- **Please stay behind the finish fence if watching from the base area!**
- **HoliMont Race Center is a Drug and Alcohol Free Facility!**

## 2018 NYSSRA/Alpine Ontario U12 SL Fundamentals Camp – Schedule of Events

### Saturday, March 31, 2018 – SL Skills and Introduction

Registration	HoliMont Race Center	7:00-8:30am
Course Setting/Jury Inspection	Expo Chair	7:45am
Team Captain's Meeting	HoliMont Race Center	8:15am
Group Assignments & Instructions	HoliMont Race Center	8:25am
Lift Opens	Expo Chair	8:30am
Free Ski Skills	Use Mountain	8:45-10:15am
SL Skills Environments	Fall Line Trail	10:15am-11:45am
Lunch Provided	Holimont Race Center	11:45-12:45pm
SL Drills Courses	Fall Line Trail	12:45-2:45pm
Athlete Pickup	HoliMont Race Center	3pm

### Sunday, April 1, 2018 – SL Technique and Tactics

Registration	HoliMont Race Center	7:00-8:30am
Course Setting/Jury Inspection	Expo Chair	7:45am
Team Captain's Meeting	HoliMont Race Center	8:15am
Group Meeting and Load Lift	Expo Chair	8:30am
SL Sections for Tech & Tactics	Fall Line Trail	8:45-11:45am
Lunch Provided	Holimont Race Center	11:45-12:45pm
SL Sections with Duals	Fall Line Trail	12:45-2:45pm
Athlete Pickup	HoliMont Race Center	3:00pm

**\*Note: Schedules above are subject to change – daily programs will be made available at registration\***

**OVERVIEW:** NYSSRA, Alpine Ontario, and HoliMont Ski Area will host a SL Fundamentals camp for a select group of NYSSRA and Alpine Ontario U12 athletes. These athletes will qualify through their respective State/Province selections. This event will provide a fun and competitive learning environment, designed to give this selected group of U12 athletes the opportunity to learn fundamental SL skills and continue to focus on ski racing skills longer into the season. Bringing the two regions together will also give the athletes and coaches a chance to create pace and make new friends.

**DETAILS:** 2 days of SL Fundamentals and gate drills. Curriculum to include fundamental free-skiing drills, U12 brush and stubby 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 for hydration during spring training.



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