



## NHARA Project Review

Project: U12 (2008) Parallel Slalom Camp  
Location: Gunstock Ski Area  
Date: Friday, March 22, 2019  
Organizer: Fred Turton, NHARA Youth Education Coordinator  
Area Connections: Josh Bedard, Program Director, Gunstock Ski Club  
Scott Wilkinson, Event Administrator, Gunstock Ski Club

### On Snow Staff:

ATT	Matt Dawson
BBTS	Fred DeBaets
CMCC	Craig Fraley
CRAN	Maggie Flynn
FS	Paul Decker
FSC	Christina Pligavko
FSC	Jacob Manseau
GSC	Josh Bedard
LRT	Jesse Anser
MCI	John Tracy
NH	Fred Turton
PATS	Jessa Fahey
PATS	Tyler Zapton
RMS	Greg Heath
WILD	Derek Pelletier

Documents: On Snow Content  
(see attached) Invitation  
Pre camp Coaches Information  
Pre camp Parent Information  
Alpha List of Athletes  
On Snow Groups

Weather: 34-37 deg. Rain, mixing with snow, Intermittent to heavy precipitation. Soaking.  
Visibility: Flat light. Adequate.

Snow: Rain Soaked. Granular surface underneath 1" of new, extreme paste-like snow. Salted 6 bags fence to fence prior to skiing on the slope. Ski-able afterwards.

Slope: Tiger. Accessed via Ramrod Quad. 90m Vertical / 30m width. Good slope gradient for this camp. Reasonable turnaround.

Protection: Single Layer of B Net, skiers left and right, top to bottom. Good.

Safety: Heavy, wet snow was a potential issue. Salt helped. Slipping was minimized to prevent excessive clumping and piling. Targeted on snow drills kept speeds appropriate for the snow and skill level. Hypothermia of the children and coaches due to rain drenching was never an issue as temperatures weren't chilling and the on snow sessions were shortened.

Attendance: 30 skiers. 38 Invited. 31 registered. One canceled 36 hours prior due to family circumstances.

Injuries: None.

Disciplinary Issues: None. Reminded a pair of athletes to keep their hands to themselves – slap fighting on the chairlift.

Program Schedule: The weather leading up to the camp throughout the week was not promising. A major Nor' Easter was to land the morning of the camp. Minimal snow but heavy rain was forecast for Gunstock. Weds evening's update indicated manageable precipitation as Friday progressed, so we re-scheduled to a later daytime start time, requiring shorter sessions, a shortened lunch break and crossed fingers. With the weather we did experience, we did the best we could.

Equipment: Easy. Josh had all gates, stubbies and brushes all bundled as needed and ready to go prior to loading the lifts. All gear provided by GSC. Thanks Josh.

Camp Content: Good. Fit well to the available slope gradient. Our morning non-gate teaching targets were appropriate for the expected level of capable 2008s. Two side by side brush corridors created our morning non-gate lanes. Corridors really help the athletes to extend their turns across the fall line – provided they get their skis to each brush line. This was not stressed early enough in the session by the coaches – the lanes narrowed with the snow type and we lost the opportunity to get the skis out of the fall line. Gate setting (all in parallel format) in the afternoon was fun and provided good challenge and variety for the learning targets. Setting drills in dual format takes more effort and equipment (as well as good coordination of on snow staff!). But wow! Do the kids rotate through quickly! Want to eliminate standing around? Dual drill stations. Just sayin'...

Skill Level Observation: This was NHARA's first on snow camp to include YOB 2008 youngsters. Athletically, as well as technically, the group represented a very broad range. Yes, the snow surface was challenging. Yet, it felt as though many (most) of the kids were experiencing the level of challenge of the drill courses for the first time. My note taking was not possible due to rain soaked paper. Hence, no summary was prepared of what was observed. We look forward to bringing this group together next season.

Looking Ahead: We as coaches need to provide fun AND challenging learning environments. Challenge IS fun. The youngsters at this age should be moving – hopping, skipping and jumping. Rhythm and tempo needs to be encouraged – tup-tup-tup! As an example, when skiing with hands on the hips, many of the athletes would jerk their upper bodies from one side and hold, then jerk to the other side and hold – park and ride, yes? Teaching rhythm has flow and fluidity, not static or clunky. Think Fred Astaire not Frankenstein. We'd like all coaches to acknowledge and encourage the kids to play with all levels of ski usage and movements. Foot to foot, side to side, up and down, The athletes need to be challenged and kept moving – with rhythm.

Too, we as coaches need to clarify our learning targets (simplify) and create learning targets they can clearly understand and accomplish on appropriate gradients. When addressing the athletes, buzz words like “Upper Body, Lower Body Separation” are not something to teach. Inside hip, Inside shoulder, location of pole plant, where the belly button is facing, skis tip one way, the ribs tip the other, etc are all specific ways to address upper/lower body separation. And more. Break it down. Simplify. Yes, we can do better. Learning can be accelerated with clearer learning targets.

Comments: Thank you again to Josh Bedard and the Gunstock Ski Club for welcoming the parents, athletes and coaches to the GSC Clubhouse on a miserable weather day. Thanks too to GSC for having the training supply and the hill in the best shape possible for the day's activities.

A shout out to all the coaches. Thanks. Yep, we do eventually dry out.

It was a tough day to be outside, The kids and the coaches gave it their best

March 22, 2019

NHARA U12 (2008) Parallel Camp  
Gunstock

Coaches Information

Program:

10:00 Gunstock Ski Club Opens for Athletes and Parents  
10:15 Athlete and Coach Registration  
10:45 Coaches Meeting  
11:00 Athlete Meeting  
11:15 Session 1  
1:15 Break  
1:45 Session 2  
3:45 Wrap Up  
4:00 Team Photo

Use Ramrod Chair (Quad)

Slope: Tiger (Unload to the Right off Ramrod)

Goal: Counter Balancing / Counter Rotation

**Session 1**

Lane A

- Hands on Hips Corridor
- Below the Boots Pole Touch

Lane B

- Matched Skis / Even Speed Rhythm
- Pole Touch w/ Inside Shoulder Lead

**Session 2**

Lane A	1	Top	Dual 1m Brushes (10 gates ea) (3m Apart)
	2	Mid	Dual 2m Picket Fence (15 gates ea) (3m Apart)
	3	Low	Dual 6m Panel SL (6 gates ea) (8m Apart)
Lane B	4	Top	Dual 3m Slow Stubbies (10) (4m Apart)
	5	Mid	Dual 10m Panel SL (12) (10m Apart)

Equipment Needs

1 = 4 Start Brushes / 20 Course Brushes  
2 = 4 Start Brushes / 30 60" Gates (15 R / 15 B)  
3 = 4 Start Brushes / 12 Panel Gates (6 R / 6 B)  
4 = 4 Start Brushes / 20 Stubbies (10 R / 10 B)  
5 = 4 Start Brushes / 24 Panel Gates (12 R / 12 B)



## INVITATION

U12 Parallel Camp  
Friday, March 22, 2019  
**Gunstock Ski Area**

Alexa	Boden	F	08	FSC
Emily	Chandler	F	08	WM
Arianna	Hughes	F	08	PATS
Sadie	Potter	F	08	CRAN
Liam	Keane	M	08	KP
Rocco	Lazzaro	M	08	CMCC
Jacob	Oliviero	M	08	CMCC

Selections: Athletes listed above are late additions to this project, based on results from the 2019 U12 NHARA State Championships. All selections listed below showed top performances in either slalom or giant slalom at their respective qualifiers from the 2019 NHARA schedule. Run(s) and/or Race(s) were considered. Each division had a minimum quota of at least 3 boys and 3 girls selected.

Brooke	Bemis	F	08	SUN
Hadassah	Corey	F	08	LRT
Mackenzie	Culgin	F	08	LRT
Caitlin	Cunningham	F	08	WM
Georgea	Fisher-Smith	F	08	BBTS
Mackenzie	Hughey	F	08	ATT
Taylor	Osterlind	F	08	BBTS
Teagan	Peabody	F	08	GSC
Anna	Pearce	F	08	RMS
Eliza	Rosenbaum	F	08	BW
Addyson	Rossi	F	08	PATS
Stella	Snyder	F	08	SUN
Elizabeth	Stuart	F	08	BBTS
Allie	Vogelien	F	08	FS

Tucker	Barnaby	M	08	FSC
Jackson	Bartick	M	08	WM
Luca	Bene	M	08	LRT
Scott	Connors	M	08	RMS
Liam	Cummings	M	08	ATT
Caiyu	Demaggio	M	08	BW
Harry	Karr	M	08	ATT
Beckett	Lehr	M	08	GSC
Caedon	Manseau	M	08	FSC
Abraham	Musty	M	08	FS
Luke	Plachowicz	M	08	ATT
Beckett	Rathbone	M	08	ATT
Henry	Ruth	M	08	FS
Asa	Toms	M	08	FSC
Jacob	Tracy	M	08	MCI
Griffin	Vail	M	08	SUN
Cooper	Zapton	M	08	PATS

Invited athletes will be introduced to the techniques and tactics of dual, parallel type racing. Head to head racing (side by side courses) will be appearing more regularly as US Ski and Snowboard sanctioned competitions. We anticipate lots of fun for the kids and coaches! We hope you will attend!

Camp Leader: Fred Turton, NHARA Youth Education Coordinator, US Ski & Snowboard L500 Coach  
Gunstock Connection: Josh Bedard, Gunstock Ski Club Program Director  
Other: **Each Team who has a racer selected will be required to send a coach.**

Registration Fee: \$50.00

To Register, go to: <https://www.skireg.com/u12-parallel-sl-camp>

If you are unable to log in, please create an account.

Registration Opens Monday, March 4.

The registration portal will be closed after Tuesday, March 19..

Bring: SL Skis - Race Ready - Sharp!

SL Poles w/Guards - Shin Guards - Helmet w/Chin Guard - Personal SL Protection Gear

(We will be running both Paneled gates and Single Pole gates. So yes, bring all your plastic.)

Backpack w/ Water Bottle and additional clothing layers.

Please be sure all personal ski gear is in good working order: Straps - Buckles - Velcro - Zippers, etc.

Thank you for making sure your equipment meets US Ski & Snowboard regulations.

Schedule:

8:00 Gunstock Ski Club Clubhouse Opens

8:15 – 8:30 Athlete Check In

Your home program coach will check in your child and get their Bib for you

8:30 Coaches Meeting

8:45 Athlete Meeting

9:00 1<sup>st</sup> Session - Load Lifts

11:15 Lunch (not included in the registration fee)\*\*

12:15 2<sup>nd</sup> Session – Load Lifts

2:15 Meeting

2:30 Athlete Pick Up

\*\*Food Service is not available at the GSC Clubhouse.

To be eligible to register for this project, each athlete must be a current (2018-19) member of US Ski & Snowboard as a U12 Competitor, as well as a current member of NHARA.

US Ski & Snowboard rules require that licensed US Ski & Snowboard Competitor members be covered by valid and sufficient accident insurance. The member must carry proof of this insurance and have it available at this camp so that prompt medical care can be obtained, if ever needed.

Members of US Ski and Snowboard attending this training camp are required to abide by the US Ski & Snowboard Code of Conduct. See page 12 of the 2019 US Ski & Snowboard Alpine Competition Guide.

Participating athletes must be healthy, free of injuries and able to participate fully in all aspects of the on-snow training program. This could include free skiing, gate training, running, jumping, agility, calisthenics, flexibility training and games.

Please note the NHARA policy that require pre-payment of registration fees. All participating athletes are required to submit their payment prior to participation or services will not be rendered.

Questions? Fred Turton, NHARA Youth Education Coordinator, at: [whygimf@gmail.com](mailto:whygimf@gmail.com)



3.20.19

Hello Coaches!

Well, today's 5:00 pm weather forecast for Friday at Gunstock is much more optimistic than this morning's. Whew.

The 08 Camp is a go.

The hourly forecast indicates the scheduled rain will be diminishing as we get later into the day, so, we'll adjust the day's schedule accordingly.

10:15 Coach Registration – Gunstock Ski Club

10:45 Coaches Meeting

11:00 Athlete Meeting

11:15 Session 1

1:15 Break

1:45 Session 2

3:45 Wrap Up

4:00 Team Photo / Done

The registration process involves each of you. Each coach will pick up a radio, a lift ticket and the bib(s) and ticket(s) for their athletes. If you are from Team GO, you pick up the bibs and tickets for all Team GO athletes. At the end of the day, you will return your tickets, bibs and radio. Got it? Thanks.

We have 31 athletes participating. Five groups. Two coaches to each group. You will receive copies of the groups, as well as athlete bib orders. The content goals for the camp will also be included.

We will be salting the snow. Dress accordingly. It will rain. Dress accordingly. Temps to hover in the high 30s.

Bring a drill if you can. Bring your radio sling. Bring a playful attitude. Be psyched to play on lousy snow in lousy weather. Anything better will be gravy.

Glad to have you. With your help we look to make the day very upbeat and very productive.

A separate note will be going out to all the camper parents. Questions? Let me know.

Thanks in advance. Your support of this project is much appreciated.

Go NHARA!

3.20.19

Good Evening Parents!

The forecast wasn't promising, but the most recent one is much better!

We are a go for Friday at Gunstock.

With the heavier rain to subside through the morning, we have adjusted the schedule:

10:15 Athlete Registration – Gunstock Ski Club  
10:45 Coaches Meeting  
11:00 Athlete Meeting  
11:15 Session 1  
1:15 Break  
1:45 Session 2  
3:45 Wrap Up  
4:00 Team Photo / Done

If you have a coach from your home program attending, they will take care of registration for you. Find your coach and they'll have your bib and ticket. Otherwise, just get a ticket and bib from Fred at registration. They will need to be returned at the end of the day.

Plan to dress the kids for wet weather. Temps will be in the high 30's, Dry clothes for the ride home should be considered.

Notice with the schedule change we will not have a formal lunch time. Please be sure the kids are well fed and hydrated before arrival. Additional water, fruit and simple snacks for our 30 minute break will be just right. Thanks for keeping the refined sugars for the ride home.

As noted in the registration info, thanks for keeping the dogs at home.

Thank you for reminding each of your children of their manners and encouraging kindness and respect for others.

Questions? Drop us a note!

Looking forward to a fun camp!

Go NHARA!



<b>Bib</b>	<b>First</b>	<b>Last</b>	<b>G</b>	<b>Club</b>	<b>Coaches</b>
39	Tucker	Barnaby	M	FSC	Jesse / Maggie
51	Jackson	Bartick	M	WM	Jesse / Maggie
36	Alexa	Boden	F	FSC	Matt / Craig
50	Emily	Chandler	F	WM	Tyler / Paul
47	Scott	Connors	M	RMS	Matt / Craig
42	Mackenzie	Culgin	F	LRT	Tyler / Paul
23	Liam	Cummings	M	ATT	Derek / Christina
49	Caitlin	Cunningham	F	WM	Fred / Greg
28	Caiyu	Demaggio	M	BW	Tyler / Paul
26	Georgea	Fisher-Smith	F	BBTS	Tyler / Paul
45	Arianna	Hughes	F	PATS	Fred / Greg
24	Mackenzie	Hughey	F	ATT	Fred / Greg
22	Harry	Karr	M	ATT	Tyler / Paul
41	Liam	Keane	M	KP	Matt / Craig
31	Rocco	Lazzaro	M	CMCC	Fred / Greg
40	Beckett	Lehr	M	GSC	Derek / Christina
38	Caedon	Manseau	M	FSC	Fred / Greg
33	Abraham	Musty	M	FS	Fred / Greg
30	Jacob	Oliviero	M	CMCC	Derek / Christina
32	Sadie	Potter	F	CRAN	Matt / Craig
21	Beckett	Rathbone	M	ATT	Jesse / Maggie
29	Eliza	Rosenbaum	F	BW	Matt / Craig
44	Addyson	Rossi	F	PATS	Jesse / Maggie
35	Henry	Ruth	M	FS	Matt / Craig
25	Elizabeth	Stuart	F	BBTS	Jesse / Maggie
37	Asa	Toms	M	FSC	Tyler / Paul
43	Jacob	Tracy	M	MCI	Jesse / Maggie
48	Griffin	Vail	M	SUN	Matt / Craig
34	Allie	Vogelien	F	FS	Derek / Christina
46	Cooper	Zapton	M	PATS	Derek / Christina

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<b>32</b>	Sadie	Potter	F	CRAN	Matt / Craig
<b>35</b>	Henry	Ruth	M	FS	
<b>36</b>	Alexa	Boden	F	FSC	
<b>41</b>	Liam	Keane	M	KP	
<b>47</b>	Scott	Connors	M	RMS	
<b>48</b>	Griffin	Vail	M	SUN	
<b>24</b>	Mackenzie	Hughey	F	ATT	Fred / Greg
<b>31</b>	Rocco	Lazzaro	M	CMCC	
<b>33</b>	Abraham	Musty	M	FS	
<b>38</b>	Caedon	Manseau	M	FSC	
<b>45</b>	Arianna	Hughes	F	PATS	
<b>49</b>	Caitlin	Cunningham	F	WM	
<b>23</b>	Liam	Cummings	M	ATT	Derek / Christina
<b>30</b>	Jacob	Oliviero	M	CMCC	
<b>34</b>	Allie	Vogelien	F	FS	
<b>40</b>	Beckett	Lehr	M	GSC	
<b>46</b>	Cooper	Zapton	M	PATS	
<b>29</b>	Eliza	Rosenbaum	F	BW	
<b>21</b>	Beckett	Rathbone	M	ATT	Jesse / Maggie
<b>25</b>	Elizabeth	Stuart	F	BBTS	
<b>39</b>	Tucker	Barnaby	M	FSC	
<b>43</b>	Jacob	Tracy	M	MCI	
<b>44</b>	Addyson	Rossi	F	PATS	
<b>51</b>	Jackson	Bartick	M	WM	
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