



## NHARA Project Review

Project: U14 SL Tempo Camp

Location: PROCTOR

Date: Friday, January 11, 2019

Organizer: Fred Turton, NHARA Youth Education Coordinator

Area Connections: David Salathe, Alpine Program Director, Proctor Academy  
Garry George, Piste Chief, Proctor Academy

On Snow Staff:

ATT	Matt Dawson
BBTS	Jason Guilbert
BW	Leah Silk
FS	Jane LeMasurier
FSC	Matt Regan
GSC	Matt Towle
LRT	Joe Peznola
NH	Fred Turton
PATS	Bill Chapin
SUN	Bob Underhill
WILD	Derek Pelletier
Guest	Phil McNichol

Documents: Invitation  
(see attached) Pre camp Coaches Information  
Athletes / Groups  
On Snow Content

Weather: 12-16 degrees. Clear to scattered clouds. Winter chill.

Visibility: Good Visibility. Bright sun on lower slopes only.

Snow: Packed on top of hard snow. 5" new in the previous 48 hrs.

Slopes: Burden Race Trail am / pm  
Blackwater Slope (Middle Trail) am / pm  
Hand Tow am / pm  
Great facility. Quick turnaround. Varied terrain.  
Short vantage points for seeing beyond 10-12 Turns.

Protection: Adequate. Good use of 'B' net. No coverage on skier right Middle Trail.

Safety: No issues. Coaches worked well to maintain the venue.

Attendance: 40 skiers. 49 Invited. 42 registered. One (F) canceled 36 hours prior due to illness. One (F) canceled the morning of due to illness.

Injuries: One athlete (F) chose not to participate in the afternoon session, after falling unobserved outside the controlled training lanes. Attended by Patrol and athlete's mother at the base lodge. The athletes were reminded of self responsibility when free skiing prior to the afternoon session. (Update: She is on snow with her home program on 1.12)

Program Schedule: Very Good. Camp organization went much smoother after having hosted a U12 Camp at the same venue a week earlier. Morning was non gate drills. Pm was gate drills. Flowed easily with sufficient time at each station in both morning and afternoon sessions. Coaches were very accommodating. Athletes were available for parent pick up on time. The schedule anticipated the arrival of the Proctor's late training day groups – we were gone before they arrived.

Equipment / Set up: Fully equipped facility, although limited 60" poles were available as Proctor is a U16+ training center. Thank you to ATT, BBTS, GSC, LRT and SUN for bringing additional bundles of 20, 60" poles. Plenty of brushes and stubbies ready to go at the base of the hand tow and snowmobile delivery service to the top! Set up was quick and easy. Coach groups were numbered and responsible for setting that corresponding Lane. Group 2 set lane 2, etc. In the am session, we were asked to work around an unexpected team training slalom in Lane 1. Thanks to the coaches who worked together to solve the lane usage.

Camp Content: Good. Challenge was high. Non gate teaching targets were appropriate for the expected level of top U14s. Also good for the coaches who were less than familiar with how to instruct one or more of the targets. Phil McNichol instructed each group as they rotated to his Lane 1 station am and pm to insure proper understanding of the drills he provided for the camp. Gate setting in the afternoon was good. 5 separate gate stations of different distances provided variety, limited need for instructional feedback and 500 gate turns for each athlete in a two hour session. We are reminded at a camp of this nature that having the best possible slope gradient for each station is not always possible.

Skill Level Observation: Varied. Athlete interpretation of the non gate stations was all over the map. A lot of sloppiness and just plain inability to accomplish the task to very good ski and body control. In the gates, many do not immediately go to a clean, locked edge; many skied quite flat footed and brushing the ski on the snow surface. Not carving on courses set to carve? Very surprising. Direction wise, many in the group grasp the concept of arcing to the pole, yet the majority of this group skis with the turn below the pole. Straight and late. In other words, the athletes are not bringing enough shape to the gate, as seen in every course at each station. Phil echoed this observation, commenting that the majority of the athletes attending would have been better served with an apex placement drill instead of his 'Show Me Your Direction.'

Looking Ahead: We hope the participating coaches continue to bring the message to their home program staffs to challenge 'up' in their training content. My observation is many of the youngsters are used to receiving 'error detection' type coaching. Creating clear, specific 'How to' learning tasks by the coaches needs to be prioritized.

Comments: A worthwhile project. Thank you to David Salathe, for his support of training opportunities for our youth age groups in NH. A big thanks too to Garry George and the entire staff at the Proctor Ski Area for making us feel so welcomed. Friendly, relaxed and always asking what they can do to support the project. A great vibe guys. Thanks. We appreciate being at Proctor and we hope we are welcomed again.

Finally, a huge Thank You to our staff. This staff exemplifies NHARA: Upbeat, supportive and truly interested in helping the children. Egos are left at the door and a great sense of team and working together appears. Ladies and Gentlemen, sincerely Thank You. You make projects like this easy. Well done.

FT / 1.12.19



## INVITATION

U14 Slalom Tempo Camp

Proctor Ski Area

Friday, January 11, 2019

Selections: Athletes Born 2005 and 2006 that finished within 5% of the age leader time at selected performance events from the 2018 NH and Eastern schedule. Run(s) and/or Race(s) were considered. Each athlete selected had 5% results in two or more disciplines. Athletes with exceptional results this December may also be invited.

Anya	Bake	F	06	FSC
Sophia	Bell	F	05	FSC
Emerson	Bell	F	05	FSC
Finn	Boissonneault	F	05	FSC
Abishai	Corey	F	06	LRT
Lucy	Curtis	F	05	FS
Ashley	Garside	F	05	KP
Caroline	Goebel	F	06	GSC
Lauren	Hughey	F	06	ATT
Chanah	Katz	F	06	WM
Emily	Kitanov	F	06	BW
Charlotte	Lehr	F	06	GSC
Emma	Lenoel Quang	F	06	FSC
Kate	Levy	F	06	FS
Peyton	Lord	F	05	BBTS
Mia	Madden	F	05	FS
Kathrine	McKenney	F	06	BBTS
Madison	McSorley	F	06	LRT
Molly	Naples	F	05	BBTS
Fallon	O'Connor	F	05	FSC
Hailey	Ramundo	F	05	ATT
Annika	Regan	F	06	FSC
Gretl	Shaw	F	05	SUN
Leah	Wareing	F	06	GSC

Liam	Baron	M	05	GSC
Jacob	Bates	M	06	PATS
Adam	Bell	M	05	FSC
Merrick	Chapin	M	06	PATS
Owen	Collins	M	05	SUN
Charlie	Crowley	M	06	FSC
Joshua	Haarmann	M	06	GSC
Baxter	Jennings	M	05	LRT
Cabot	McLaren	M	06	LRT
Ethan	Munson	M	05	FS
Adam	Radwan	M	05	BBTS
Ethan	Rathbone	M	06	ATT
Nicholas	Reiss	M	06	FS
Gustavo	Reynolds	M	05	BBTS
Alex	Roguet	M	06	ATT
Daniel	Steber	M	05	FSC
Jack	Sunshine	M	05	BBTS
Zachary	Tracy	M	06	FS
Christo	Velikin	M	06	LRT
Ryan	Wolff	M	06	LRT

We encourage your participation!

Invited athletes will be challenged in technical and tactical drills and tasks, in and outside of gates, stubbies and brushes. This camp will compliment December's U14 NHARA SL Control Camp.

Camp Leader: Fred Turton, NHARA Youth Education Coordinator, US Ski & Snowboard L500 Coach  
 Proctor Connection: David Salathe, Proctor Academy, Alpine Skiing Program Director  
 Other: **Each Team who has a racer selected will be required to send a coach.**

Camp Fee: \$50.00

To Register and Pay: Go to: <https://www.SkiReg.com/u14-slalom-tempo-camp>  
If necessary, create an account with SkiReg.

Registration Opens: Thursday, December 20

Registration Deadline: Monday, December 31. Athletes not registered by the 12/31 deadline will be taken off the invitation list. Others invited to the camp after 1/1 must be signed up by 1/7.

Bring: SL Skis (Race Ready) - SL Poles w/Guards - Shin Guards - Helmet w/Chin Guard - Personal SL Protection Gear  
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.  
Backpack w/ Water Bottle and additional clothing layers.  
Lunch and snacks are not included in the fee.

Schedule:

8:30 am	Base Lodge Opens
8:45-9:00	Athlete Check In - Proctor Base Lodge Find your Home Program Coach Pass On your completed and signed Proctor Release Form to them. Your coach will then check in your child and get their Bib for you
9:05	Coaches Meeting - Proctor Base Lodge
9:15	Athlete Meeting - Proctor Base Lodge
9:30	1 <sup>st</sup> Session - Load Lifts
11:45	Lunch (not included in the registration fee)
12:45	2 <sup>nd</sup> Session – Load Lifts
2:45	Meeting
3:00	Athlete Pick Up

To be eligible to participate, each athlete must be a current (2018-19) member of US Ski & Snowboard as a U14 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 fully participate 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 that it is a NHARA policy to require pre-payment of registration fees. All participating athletes are required to submit their payment prior to the registration deadlines or services will not be rendered.

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

GO NHARA!



26	Anya	Bake	F	06	FSC	Joe / Matt T
34	Liam	Baron	M	05	GSC	Gilly / Bill
43	Jacob	Bates	M	06	PATS	Joe / Matt T
28	Adam	Bell	M	05	FSC	Gilly / Bill
27	Sophia	Bell	F	05	FSC	Jane / Leah
44	Merrick	Chapin	M	06	PATS	Jane / Leah
45	Owen	Collins	M	05	Sun	Matt D / Matt R
40	Abishai	Corey	F	06	LRT	Bob / Derek
20	Lucy	Curtis	F	05	FS	Gilly / Bill
39	Ashley	Garside	F	05	KP	Matt D / Matt R
35	Caroline	Goebel	F	06	GSC	Jane / Leah
10	Taylor	Gordon	F	05	BBTS	Bob / Derek
36	Joshua	Haarmann	M	06	GSC	Joe / Matt T
11	Will	Harrington	M	05	BBTS	Joe / Matt T
6	Lauren	Hughey	F	06	ATT	Gilly / Bill
47	Chanah	Katz	F	06	WM	Joe / Matt T
19	Emily	Kitanov	F	06	BW	Matt D / Matt R
37	Charlotte	Lehr	F	06	GSC	Matt D / Matt R
29	Emma	Lenoel-Quang	F	06	FSC	Jane / Leah
21	Kate	Levy	F	06	FS	Bob / Derek
12	Peyton	Lord	F	05	BBTS	Matt D / Matt R
22	Mia	Madden	F	05	FS	Matt D / Matt R
13	Kathrine	McKenney	F	06	BBTS	Jane / Leah
41	Madison	McSorley	F	06	LRT	Bob / Derek
14	Dante	Mulcahy	M	05	BBTS	Bob / Derek
23	Ethan	Munson	M	05	FS	Matt D / Matt R
15	Molly	Naples	F	05	BBTS	Jane / Leah
30	Fallon	O'Connor	F	05	FSC	Gilly / Bill
16	Kiera	Osterlind	F	05	BBTS	Joe / Matt T
17	Adam	Radwan	M	05	BBTS	Matt D / Matt R
7	Hailey	Ramundo	F	05	ATT	Joe / Matt T
8	Ethan	Rathbone	M	06	ATT	Jane / Leah
31	Annika	Regan	F	06	FSC	Bob / Derek
24	Nicholas	Reiss	M	06	FS	Joe / Matt T
18	Gustavo	Reynolds	M	05	BBTS	Gilly / Bill
9	Alex	Roguet	M	06	ATT	Bob / Derek
46	Gretl	Shaw	F	05	Sun	Gilly / Bill
32	Daniel	Steber	M	05	FSC	Matt D / Matt R
33	Tucker	Thayer	M	06	FSC	Bob / Derek
25	Zachary	Tracy	M	06	FS	Gilly / Bill
38	Leah	Wareing	F	06	GSC	Gilly / Bill
42	Ryan	Wolff	M	06	LRT	Jane / Leah

9	Alex	Roguet	M	06	ATT	Bob / Derek	Group 1
10	Taylor	Gordon	F	05	BBTS	Bob / Derek	
14	Dante	Mulcahy	M	05	BBTS	Bob / Derek	
21	Kate	Levy	F	06	FS	Bob / Derek	
31	Annika	Regan	F	06	FSC	Bob / Derek	
33	Tucker	Thayer	M	06	FSC	Bob / Derek	
40	Abishai	Corey	F	06	LRT	Bob / Derek	
41	Madison	McSorley	F	06	LRT	Bob / Derek	
6	Lauren	Hughey	F	06	ATT	Gilly / Bill	Group 2
18	Gustavo	Reynolds	M	05	BBTS	Gilly / Bill	
20	Lucy	Curtis	F	05	FS	Gilly / Bill	
25	Zachary	Tracy	M	06	FS	Gilly / Bill	
28	Adam	Bell	M	05	FSC	Gilly / Bill	
30	Fallon	O'Connor	F	05	FSC	Gilly / Bill	
34	Liam	Baron	M	05	GSC	Gilly / Bill	
38	Leah	Wareing	F	06	GSC	Gilly / Bill	
46	Gretl	Shaw	F	05	Sun	Gilly / Bill	Group 3
8	Ethan	Rathbone	M	06	ATT	Jane / Leah	
13	Kathrine	McKenney	F	06	BBTS	Jane / Leah	
15	Molly	Naples	F	05	BBTS	Jane / Leah	
27	Sophia	Bell	F	05	FSC	Jane / Leah	
29	Emma	Lenoel-Quang	F	06	FSC	Jane / Leah	
35	Caroline	Goebel	F	06	GSC	Jane / Leah	
42	Ryan	Wolff	M	06	LRT	Jane / Leah	
44	Merrick	Chapin	M	06	PATS	Jane / Leah	Group 4
7	Hailey	Ramundo	F	05	ATT	Joe / Matt T	
11	Will	Harrington	M	05	BBTS	Joe / Matt T	
16	Kiera	Osterlind	F	05	BBTS	Joe / Matt T	
24	Nicholas	Reiss	M	06	FS	Joe / Matt T	
26	Anya	Bake	F	06	FSC	Joe / Matt T	
36	Joshua	Haarmann	M	06	GSC	Joe / Matt T	
43	Jacob	Bates	M	06	PATS	Joe / Matt T	
47	Chanah	Katz	F	06	WM	Joe / Matt T	Group 5
12	Peyton	Lord	F	05	BBTS	Matt D / Matt R	
17	Adam	Radwan	M	05	BBTS	Matt D / Matt R	
19	Emily	Kitanov	F	06	BW	Matt D / Matt R	
22	Mia	Madden	F	05	FS	Matt D / Matt R	
23	Ethan	Munson	M	05	FS	Matt D / Matt R	
32	Daniel	Steber	M	05	FSC	Matt D / Matt R	
37	Charlotte	Lehr	F	06	GSC	Matt D / Matt R	
39	Ashley	Garside	F	05	KP	Matt D / Matt R	
45	Owen	Collins	M	05	Sun	Matt D / Matt R	

January 9, 2019

Hello Campers!

Here's the updated schedule for Friday:

7:45 - Lodge Opens  
8:00-8:05 Registration  
8:30 - 1st Session  
11:00 - Lunch  
11:45 - 2nd Session  
2:15 - Athlete Pick Up

Food service will be available for lunch only. Please feed the youngsters before arrival.

Very sharp skis are essential. Please.

Weather looks great! Dress accordingly.

<https://forecast.weather.gov/MapClick.php?lat=43.4365&lon=-71.8193#.XDULQFxKjDc>

See you Friday.

Go NHARA!



January 9, 2019

Good morning coaches,

A schedule change note has gone out to the parents of all the campers. You were copied, but in case you missed it:

7:45 Lodge Opens  
8:00 Registration  
8:10 Coaches Meeting  
8:20 Athlete Meeting  
8:30 1st Session  
11:00 Lunch  
11:45 2nd Session  
2:15 Athlete Pick Up

Proctor athletes appear at 2:30. We' want to get us out of their lodge before we get trampled.

Please bring a drill, a radio sling and lunch if you prefer your own food. Food service is available for lunch only.

Staff for this project:

ATT Matt Dawson  
BBTS Jason Guilbert  
BW Leah Silk  
FS Jane LeMasurier  
FSC Matt Regan  
GSC Matt Towle  
LRT Joe Peznola  
NH Fred Turton  
PATS Bill Chapin  
SUN Bob Underhill  
TPS Phil McNichol  
WILD Derek Pelletier

ATT, BBTS, GSC and LRT have committed to each bringing a bundle of 20 60" gates. Thank you.

Registration procedure: You will be responsible for the bibs of your home team athletes. You will sign out a radio and your team bibs at registration. At the end of the day, you will sign in the radio and your team bibs. Simple. The kids will wear their bibs on the outside all day. You will not be needing a ticket.

At registration, you will receive your team list to track your team bibs. You will receive a grouping list sharing which coach you are paired with and which athletes are in your group. And, you will be given the teaching content for both morning and afternoon.

We have 42 youngsters attending. 5 groups.

Weather looks good. See you bright and shiny on Friday morning. Thanks for all!



NHARA U14 SL Tempo Camp  
Proctor Academy Ski Area  
February 11, 2019

**See attached map for lane locations, 1 thru 5.**

**Each group starts the day at corresponding lane #: Group 3 starts at Lane 3.**

**Rotate to Skier's Right for the next station.**

**Morning: 25 minutes per station.**

Lane 1:

Phil's Hops

Stand Perpendicular to the Fall Line

Balance on uphill (inside) ski

Hop downhill from the inside ski landing on the outside ski

Stick the landing, no sliding and strong balance

From the landing position with the inside ski held off the snow

Hop downhill from the outside ski landing on the inside ski

Stick the landing, no sliding and strong balance

Repeat this 4 to 6 times, then change ski direction

Repeat the above facing the new direction.

Lane 2:

Slow as you Go

- Outside ski to outside ski turns
- Pole touch w/ counter
- Create accurate, brushed C shaped arcs
- Turn completion with matched tails
- Slow as you can go

Lane 3:

White Pass Turns

- First half of each turn made on the inside ski
- Second half of turn made on the outside ski.
- Control the free foot and ski tip.
- Encourage carving, not side slipping

Lane 4:

Tip Cover Javelins

- Cover the ski shovel prior to fall line entry
- Pole touch, then cover the shovel (Be countered at Pole Touch)
- Control the speed
- Promotes inside foot management
- Create C shape arcs

Lane 5:

Hands on Hips Stubbies (Need: 15-20 Stubbies, 2 start brushes) 8m distance

- Hands on Hips, not waist

- As edges change, counter balance changes
- Active upper body side to side
- Turn finish with inside shoulder leading
- High hip / Low hip

**Afternoon** – 20 minutes per station.

**Groups listed are responsible for setting that drill (Group 2 sets Lane 2)**

Lane 1 / Group 1

Show me your Direction - (Need: 20 / 60" gates. 4 brushes for 2 starts. Dye pack)

2 consecutive 10 gate courses. 10m distance each. 10m to 1<sup>st</sup> gate.

Paint a directional line (3m long) from gate base pointing at the next gate.

Paint this line just inside of gate strike area.

Learning Target:

- Bring turn shape to the gate.
- Gate Contact should push gate to mirror the dye line.

Lane 2 / Group 2

Short n Sweet - (Need 20/ 60" gates. 4 brushes for 2 starts.)

2 consecutive 10 gate courses. 7m distance each. 12m to 1<sup>st</sup> gate.

Learning Target:

- Quick Quick!

Lane 3 / Group 3

3-3-3 – (Need 16 / 60" gates and 8 paneled gates. 2 brushes for start.)

1 course. Consecutive single pole 6m flushes. 10m to next flush. 10M to 1<sup>st</sup> gate.

Place Gate Panel mid flush

Learning Target:

- Cross Clear – No Clear – Cross Clear

Lane 4 / Group 4

Fred's Drill – (Need 20 / 60" gates. 22 brushes.)

1 course. 9m. Varied shape. 9m to 1<sup>st</sup> gate.

Brushes set as pole touch target, approx. 3m after the pole.

Learning Target:

- Early Pole Touch promotes more time to turn
- Touch at or before the brush
- Keep Pole Baskets close to the snow at gate clear

Lane 5 / Group 5

One Ski Stubbies – (Need 20 stubbies. 2 brushes for start)

1 course. 8m, even tempo. 8m to 1<sup>st</sup> gate.

Learning Target:

- Pole touch every turn.
- Ski entire course with weight on either left or right ski.
- Free foot ski tip stays on snow.
- Free foot snugly controlled





