



NHARA Project Review

Project: U14 SL Control Camp

Location: Waterville Valley

Date: Friday, December 14, 2018

Organizer: Fred Turton, NHARA Youth Education Coordinator

Area Connections: Dan Thompson, WVBBS, Dir. of Operations & Competitions
Jason Guilbert, WVBBS, Head U14 Coach

On Snow Staff:

ATT	Nicole Cuerdon
BBTS	Jason Guilbert
BW	Miki Fera
FS	Jane LeMasurier
FSC	Matt Regan
FSC	Steve 'Bucket' Roberts
GSC	Brett Marquis
LRT	Joe Peznola
NH	Fred Turton
PATS	Robbie Holland
WILD	Derek Pelletier

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

Program Schedule: Worked well. Lift tickets were available 15 minutes later than scheduled, which did not affect the day's program. The morning session ran 20 minutes longer for each group to complete 4 runs within each station. One hour was still allowed for lunch. The pm session was completed as athlete fatigue became evident. Athletes were available for parent pick up on time.

Weather: Low cloud layer. No sun. 25-30 deg. High Humidity. Raw. No wind.
Visibility: Adequate visibility contrast. Almost flat light.
Snow: Tight. Minimal granulation. No slipping needed on any station.
Slopes: World Cup T-Bar: 100m Vertical
Lower Utter Abandon (am)
Tommy's World Cup (am / pm)
Great facility. Quick turnaround. Varied terrain. Good visibility for coaching.
Protection: Excellent. Good use of 'B' net.
Safety: No issues. Coaches worked well to maintain the venue.
Injuries: None.

Equipment / Set up: Plenty of brushes, gates and stubbies ready to go at the base of the T-Bar. Set up was quick and easy. Morning: 3 Lines of brushes for corridors. Afternoon: course sets were designated to coaches at lunch. Very good sets.

Content: Good learning targets. Good variety. Non gate skill work in the morning set up a solid gate session in the afternoon. 11 stations today. Athlete challenge was appropriate. Learning targets just above their current ability. Attention and focus was necessary each run. Staff was encouraged to tweak the 'flow' of the hill – In the am, 4 runs per station (vs. 2 runs as planned) was implemented. In the pm, coaches stayed at a single station the entire afternoon while their groups rotated. Good suggestions and all working well together.

Skill Level Observation: As varied as one would expect when bringing 39 kids together. In general, the commonalities observed were lack of inside ski management, and timing of counter-balancing skills. Lack of consistency was to be expected for the number of days on snow for most of the youngsters. Good effort by the group.

Looking Ahead: Time needs to be included to do a 10 to 15 minute staff wrap up at the end of the day. The slope gradient on Lower Utter (Lanes 1-2), although 'blue', was too steep for optimum learning of the designated tasks. The apex drill on Lane 4 in the pm was well set as outlined, but did not accomplish what was intended by the organizer. Will re-visit the measurements being shared for appropriate setting.

Comments: A high quality project. Thank you to Tim Smith, WV General Manager, for his continued support of alpine race training and competitions at Waterville Valley. We are so fortunate to be welcomed to the site and slope of the 2019 US Alpine National Championships!

Thanks very much to an excellent staff. They make working together feel like we do it together everyday. Very professional, easy to be around. Thank you for creating an environment that is upbeat, focused and engaging for the athletes. Cheers!





INVITATION

U14 Slalom Control Camp

Waterville Valley Resort

Friday, December 14, 2018

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.

Sophia	Bell	F	05	FSC
Emerson	Bell	F	05	FSC
Finn	Boissonneault	F	05	FSC
Lucy	Curtis	F	05	FS
Ashley	Garside	F	05	KP
Peyton	Lord	F	05	BBTS
Mia	Madden	F	05	FS
Molly	Naples	F	05	BBTS
Fallon	O'Connor	F	05	FSC
Hailey	Ramundo	F	05	ATT
Gretl	Shaw	F	05	Sun
Anyia	Bake	F	06	FSC
Abishai	Corey	F	06	LRT
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
Kathrine	McKenney	F	06	BBTS
Madison	McSorley	F	06	LRT
Annika	Regan	F	06	FSC
Leah	Wareing	F	06	GSC

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

We look forward to your participation!

Invited athletes will be challenged in technical and tactical drills and tasks, in and outside of gates, stubbies and brushes. We will keep the athletes moving.

Camp Leader: Fred Turton, NHARA Youth Education Coordinator, US Ski & Snowboard L500 Coach

WV Connection Coach: Jason Guilbert, WVBBTS, Jr. Alpine 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/4735>. If necessary, create an account.

Registration Opens: Tuesday, November 20.

Registration Deadline: Monday, December 3.

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:

8:15am	WV Base Lodge Food and Beverage Opens
8:15-8:30	Athlete Registration - 2 nd Floor, WV Base Lodge
8:35	Coaches Meeting - 2 nd Floor, WV Base Lodge
8:45	Athlete Meeting - 2 nd Floor, WV Base Lodge
9:00	1 st Session - Load Lifts
11:30	Lunch
12:45	2 nd Session – Load Lifts
3:00	Meeting
3:15	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, agilities, 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

GO NHARA!



12.13.18

Hello NHARA U14 SL Camp Coaches,

39 of 44 invited athletes will be attending.

10 coaches attending. Thank you. Very much. Glad to have you.

ATT	Nicole Cuerdon
BBTS	Jason Guilbert
BW	Gus Demaggio
FS	Jane LeMasurier
FSC	Steve Roberts
FSC	Matt Regan
GSC	Brett Marquis
LRT	Joe Peznola
NH	Fred Turton
PATS	Robbie Holland

The coaches will be paired. 2 coaches per group. 8 athletes per group. Every effort was made to minimize having athletes from your home program in your group. Each group will have both boys and girls.

The base lodge at Waterville opens at 8:00 am. Food service will trickle open sometime after 8:00am.

Registration from 8:15-8:30. Simple procedure:

To register, The home team coach (YOU) will pick up:

- Coach Ticket
- Coach Radio
- Rosters / Group Lists
- Athlete Ticket(s)
- Athlete Bib(s)

YOU will then distribute to your home team athletes as they arrive.

At the end of the day, it is a reverse process. Each of your home team's athletes will give you their bib. A coach for a team of 3 athletes would then return 3 bibs and 1 radio.

We're asking the kids to wear bibs in order to know who everyone is. You'll receive lists – by who is in your group and by bib order. Easy to find who is who.

The day's schedule will be skiing and skiing drills in the AM, gate drills in the PM. We will have a coaches meeting at 8:35. Then, we'll head out to organize the kids.

We've not scheduled time for video review.

It would be good if we can seat the coaches together at lunch.

We'll be off the hill by 3:00.

Turn in your home team's bibs and your radio in the base lodge at this time.

If you're in touch with your athletes, remind them to brush up on their manners.
Let's also make it a sugar free session.

New skis are appropriate. Sharp edges.

Bring a radio sling and a drill.

Thanks for being on time.

Glad to have you. Good group of kids. Let's have fun!

Go NHARA!

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NHARA U14 SL Control Camp
December 14, 2018
Waterville Valley, NH

Goal: To challenge our top NHARA performers in a variety of relevant skills. To share multiple drills for our coaches to explore and experience.

We will have **two slopes** serviced by the T-Bar; Utter Abandon and World Cup.

Looking up the hill from the bottom of T-Bar:

Utter is Left, the T-Bar Center, World Cup is Right.

Lookers Left to Right	Utter Lanes	1 – 2
	World Cup Lanes	3 – 4 – 5.

Morning:

Lane 1: **One ski Skiing w/ both Skis on.**

- No skidding or sliding on the edge change.
- Free foot ski tip stays on the snow
- Free foot boot is controlled and held in near the stance foot.
- Encourage rhythmical Pole touches.

Lane 2: **Little toe tip turn initiation**

- Stay on outside ski thru transition and begin turn on pinky toe.
- No twisting (skidding) at edge engagement
- Increase the edge angle
- Touch inside boot buckles to the snow prior to fall line entry.

Lane 3. **Telemark Turns**

- Pull the inside ski tip behind the outside ski tip
- Use the Shin muscle (Tibialis Anterior) and Hamstring – not the hip.
- Target pull back at turn initiation or at turn completion or the entire arc.
- Allow the Outside foot to come forward.
- No wedging

Lane 4 **Corridor – Slow as You Go**

- Encourage round shape – Controlled. Slow as you can go.
- With pole touch.
- Keys – Slower. No Rotation. Matched, parallel skis. No wedging.

Lane 5 **Corridor – Hands on Hips**

- Hands on Hips, not on the waist
- Feel inside hip higher at fall line exit
- Feel outside hip lower at fall line exit
- Finish turn with Inside shoulder Leading – Strong Counter Rotation
- Controlled speed
- Matched, parallel skis – No wedging

Afternoon:

World Cup Slope Only. **Lanes 3 – 4 – 5**

Lane 3 – Top Flat

Slow Speed Stubbies

2-3m

W/ Pole touch
Matched, parallel skis.
No wedge
Create a rhythm.

Lane 3 – Coaches Knoll

1-2-3 turn, 1-2-3 turn, 1-2-3 turn 60” gates

8-8-8-12m

Carved
High Entry
with Rhythm
No ski slamming

Lane 4 – Top Flat

Uphill ski Side slip

Perpendicular to the Fall Line

With Counter Rotation
Free Foot Controlled
Add edging tasks

Lane 4 – Coaches Knoll

Apex Drill w/ Stubbie and Long

6m from stubbie to 60” long / 10m turn to turn

Knees on Stubby and Gate
No Skidding
Linked / Carved
No Wedge

Lane 5 – Top Flat

Vertical Flush Brush Hops

1m distance

W/ pole plant
Matched, parallel skis
Active tension in arms, core, shins, feet
Tempo
Gradually Speed it up.

Lane 5 – Coaches Knoll

Angry Mother Stubbies

7-8m distance

Hands on Hips
Inside foot managed
Inside shoulder lead
Pop-Pop-Pop

Bib	First	Last	Gender	YOB	Club	Coaches
21	Alex	Roguet	M	06	ATT	Brett / Joe
39	Charlie	Crowley	M	06	FSC	Brett / Joe
30	Emily	Kitanov	F	06	BW	Brett / Joe
42	Emma	Lenoel Quang	F	06	FSC	Brett / Joe
31	Ethan	Munson	M	05	FS	Brett / Joe
58	Jacob	Bates	M	06	PATS	Brett / Joe
56	Madison	McSorley	F	06	LRT	Brett / Joe
29	Peyton	Lord	F	05	BBTS	Brett / Joe
37	Annika	Regan	F	06	FSC	Bucket / Robbie
51	Ashley	Garside	F	05	KP	Bucket / Robbie
60	Chanah	Katz	F	06	WM	Bucket / Robbie
47	Charlotte	Lehr	F	06	GSC	Bucket / Robbie
55	Christo	Velikin	M	06	LRT	Bucket / Robbie
22	Ethan	Rathbone	M	06	ATT	Bucket / Robbie
26	Gustavo	Reynolds	M	05	BBTS	Bucket / Robbie
48	Joshua	Haarmann	M	06	GSC	Bucket / Robbie
33	Mia	Madden	F	05	FS	Bucket / Robbie
52	Abishai	Corey	F	06	LRT	Matt / Miki
36	Adam	Bell	M	05	FSC	Matt / Miki
53	Baxter	Jennings	M	05	LRT	Matt / Miki
41	Emerson	Bell	F	05	FSC	Matt / Miki
23	Hailey	Ramundo	F	05	ATT	Matt / Miki
27	Katharine	McKenney	F	06	BBTS	Matt / Miki
34	Nicholas	Reiss	M	06	FS	Matt / Miki
25	Adam	Radwan	M	05	BBTS	Derek / Jane
54	Cabot	McLaren	M	06	LRT	Derek / Jane
46	Caroline	Goebel	F	06	GSC	Derek / Jane
43	Fallon	O'Connor	F	05	FSC	Derek / Jane
24	Lauren	Hughey	F	06	ATT	Derek / Jane
59	Merrick	Chapin	M	06	PATS	Derek / Jane
28	Molly	Naples	F	05	BBTS	Derek / Jane
45	Sophia	Bell	F	05	FSC	Derek / Jane
38	Anyia	Bake	F	06	FSC	Jason / Nicole
40	Daniel	Steber	M	05	FSC	Jason / Nicole
44	Finn	Boissonneault	F	05	FSC	Jason / Nicole
32	Kate	Levy	F	06	FS	Jason / Nicole
49	Leah	Wareing	F	06	GSC	Jason / Nicole
50	Liam	Baron	M	05	GSC	Jason / Nicole
57	Ryan	Wolff	M	06	LRT	Jason / Nicole
35	Zachary	Tracy	M	06	FS	Jason / Nicole