



NHARA Project Review

Project: U12 SL Camp

Location: PROCTOR

Date: Friday, January 4, 2019 (Previously scheduled for 12.21.18)

Organizer: Fred Turton, NHARA Youth Education Coordinator

Area Connections: David Salathe, Alpine Program Director, Proctor Academy
Jason Nelson, U16 Head Coach, Proctor Academy

On Snow Staff:

BBTS	Fred DeBaets
BBTS	Jason Guilbert
CMCC	Bob Dumond
FSC	Paolo Wieser
GSC	Hayden McLaughlin
NH	Fred Turton
PATS	Tyler Zapton
WILD	Jay Prewitt

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

Program Schedule: (As noted this was a change from December 21, 2018. Dec 21 was a torrential rain day. Huge thanks to Proctor for their support to re-schedule. They made it simple.)

Good. Facility was prepared and ready for us. No issues. Athletes had more than enough skiing. Just above freezing temps allowed for a short lunch break (45 minutes) as scheduled. The pm session was completed as athlete fatigue became evident. Athletes were available for parent pick up on time. This also accommodated the arrival of the Proctor's late training day schedule – we were gone before they arrived.

Weather: 25-40 degrees. Scattered clouds. Low Humidity. No wind.
Visibility: Good Visibility. Bright sun on lower slopes only.
Snow: 2" groomed granular on top of pond ice. Slippery.
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: Excellent. Good use of 'B' net. Full coverage.
Safety: No issues. Coaches worked well to maintain the venue.
Injuries: None.

Equipment / Set up: Fully equipped facility.. Limited 60" poles available as Proctor is a U16+ training center. An additional bundle of 20, 60" poles was supplied by Loon and brought by Fred. 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. Morning: 1 line of brushes for corridors. Afternoon: course sets were designated to coaches at lunch.

Content: OK. Based on many of the drills and the available terrain, content was probably a nick more challenge than appropriate. Is this good or bad? Hmm... Were the skill targets too difficult or were skis not up to the task? Would the skill targets have been more effective if broken down even further?

Skill Level Observation: Solid. Good attention, many with a very strong desire to learn. Surprised by many of the young ladies skiing with apprehension. We're getting better at being over our feet, but ankle flexion focus needs to continue to be prioritized. In the gates, hands need to be brought lower, pole baskets need to come down. High hands equate to chest comes up, shoulders go back. Tactically, very late to the pole plant / edge change. Counter balancing movements need to be prioritized at the home clubs.

Looking Ahead: At the morning coaches meeting, need to do a better job clarifying to the coaches how the drill station rotation works. Although familiar with the facility, a slope visit prior to the camp by the organizer would have helped matching the tasks and slope gradients. The 'Slow as You Go' stubby drill and 'Fred's Drill' should be set with 'playfulness' in mind for this age group. Encouraging playfulness for these 11 year olds in our drills, tasks and movements is essential. The issue of sharp skis is an interesting one. The youngsters were prepared. On this surface, the skis dulled quickly. Now what? 90 minutes into a 4 hour project and the skis are no longer sharp. It is a head scratcher how to manage the skis over an extended day.

Comments: A worthwhile project. Thank you to David Salathe, for his support of training opportunities for the U12 age group in NH. It's fun to utilize another venue for our youth camps and we appreciated being at Proctor. We hope we are welcomed again.

Thanks very much to a very committed staff. Our U12 staffs are part time in nature; for them to take time from their mid week jobs to assist in a project like this is a level of dedication that so often goes unnoticed. They set a great tone, and are truly kind to the children. Again, thank you and Cheers!



INVITATION

U12 Slalom Fundamentals Camp
Friday, December 21, 2018

Proctor Ski Area
60 Black Water Lane, Andover, NH 03216

Selections: Athletes Born in 2007 that finished within 5% of the age leader time at selected performance events from the 2018 NHARA schedule. Run(s) and/or Race(s) were considered. Each athlete selected had 5% results in two or more disciplines.

Anna	Dumond	F	07	CMRC
Emma	LaVallee	F	07	FSC
Merritt	Loring	F	07	ATT
Linnea	Nyquist	F	07	GSC
Kendall	Prewitt	F	07	WM
Makenna	Price	F	07	FSC
Marina	Roy	F	07	GSC
Rayanna	Wagaman	F	07	Sun
Aura-Liesl	Wieser	F	07	FSC
Sam	Ames	M	07	FS
Dino	Boissonneault	M	07	FSC
Troy	Boissonneault	M	07	FSC
Gunnar	Guilbert	M	07	BBTS
Louis	Harrington	M	07	BBTS
Finnegan	Haskett	M	07	ATT
Andrew	McGuire	M	07	FS
Lincoln	Nyquist	M	07	GSC
Dillo	Radwan	M	07	BBTS
Turner	Zapton	M	07	PATS

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

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.**

Registration Fee: \$50.00

To Register, go to: <http://www.skireg.com/u12-slalom-fundamentals-camp>

If necessary, please create an account with SkiReg.

Registration Opens Friday, November 30.

The registration portal will be closed after Wednesday, December 12.

Bring: SL Skis - Race Ready - Sharp!
SL Poles w/Guards - Shin Guards - Helmet w/Chin Guard - Personal SL Protection Gear
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.

Lunch and snacks are not included in the fee.

Schedule:

8:30	Proctor 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
9:15	Athlete Meeting
9:30	1 st Session - Load Lifts
11:45	Lunch (not included in the registration fee)
1:00	2 nd Session – Load Lifts
3:15	Meeting
3:30	Athlete Pickup

**Food Services will not be available.

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 and sign any applicable event waivers prior to participation or services will not be rendered.

Questions? Fred Turton, NHARA Youth Education Coordinator, at: whygimf@gmail.com



Dec 19

Hi Coaches,

The following just went out to families who have a child registered.

Athletes who were unable to participate, will be able to sign up once the details are ironed out.

Cheers!

----- Forwarded message -----

From: U12 Slalom Fundamentals Camp <mail@skireg.com>

Date: Wed, Dec 19, 2018 at 1:25 PM

Subject: Friday, 12/21 U12 Camp at Proctor is POSTPONED

To: <whygimf@gmail.com>

COPY OF EMAIL SENT VIA SkiReg.COM

14 emails were sent.

Hi,

The rain on Friday looks dreadful.

No problem getting the children wet. Getting drenched all day? No.

Friday's camp is postponed to Friday, January 4.

Same location, same schedule.

We are in the process of working with Ski/Reg to move your child's registration and camp fee to a 'new' event. Then, if you plan to participate, you have to do nothing. If the new date doesn't work for you, you can then just apply for a refund. Simple.

Thanks for being patient. We'll get more details to you before the weekend.

Questions? Fred Turton, whygimf@gmail.com

Jan 2

Good Afternoon,

Thanks for planning to join us at Proctor on Friday.

BBTS - Fred DeBaets
BBTS - Jason Guilbert
CMCC - Bob Dumond
FSC - Paolo Wieser
GSC - Hayden McLaughlin
PATS - Tyler Zapton
WILD - Jay Prewitt

Please bring lunch (no food service), your drill and a radio sling.

Rosters, group splits and camp content will be available at registration on Friday. We will have a coaches meeting at 8:10 prior to going out on the hill.

We have 17 youngsters representing 10 clubs. 3 groups / 2 coaches per group.

Here is the updated schedule:

7:45 - Lodge Opens
8:00-8:05 Registration
8:10 - Coaches Meeting
8:30 - 1st Session
11:00 - Lunch
11:45 - 2nd Session
2:15 - Athlete Pick Up

A note will be going out to your parents today to share the schedule update.

Each athlete will receive a bib, to be worn at all times. 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, you will sign in the radio and your team bibs. Simple.

Let's raise the bar. Appropriate challenge is the target. They will sleep well.

Again, thanks for your involvement. See you Friday!

Go NHARA!

16	Sam	Ames	M	FS	Fred D / Tyler
24	Mason	Cunio	M	LRT	Gilly / Bob
15	Anna	Dumond	F	CMCC	Fred D / Tyler
12	Gunnar	Guilbert	M	BBTS	Fred D / Tyler
13	Louis	Harrington	M	BBTS	Paolo / Hayden
11	Finnegan	Haskett	M	ATT	Paolo / Hayden
18	Emma	LaVallee	F	FSC	Fred D / Tyler
17	Andrew	McGuire	M	FS	Gilly / Bob
21	Lincoln	Nyquist	M	GSC	Fred D / Tyler
22	Linnea	Nyquist	F	GSC	Paolo / Hayden
27	Kendall	Prewitt	F	WM	Gilly / Bob
19	Makenna	Price	F	FSC	Paolo / Hayden
14	Dillo	Radwan	M	BBTS	Gilly / Bob
23	Marina	Roy	F	GSC	Paolo / Hayden
26	Rayanna	Wagaman	F	Sun	Paolo / Hayden
20	Aura-Liesl	Wieser	F	FSC	Gilly / Bob
25	Turner	Zapton	M	PATS	Gilly / Bob

(#24 Mason Cunio was added to the camp list on January 1 based on early season racing performance.)



NHARA U14 SL Fundamentals Camp
January 4, 2019
Proctor Academy, Andover, NH

We have two slopes available. The “Burden” racing trail, skiers right, under the start shack at the top of the T-bar, and Blackwater, skiers left, adjacent to the T-Bar.

Morning – 4 / 4 / 4:

(1) Blackwater:

Pole Touch Follow Thru

Inside Shoulder Lead with “Touch / Switch” Timing
Re-center hand / follow thru after each touch
Inside Shoulder Lead at “Touch / Switch” Timing

(2) Left Upper Lane

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.

Left Lower Lane

Tip Cover Javelins - Slow

Pole Touch, Cover Tip, Turn
Controlled speed
Round, not square shape
Stay on outside ski to pole touch

(3) Right Upper Lane

Hands on Hips

No Poles. Hands on Hips, not on the waist
Feel inside hip high at fall line exit / Feel outside hip low at fall line exit
Finish turn with Inside shoulder leading – Strong Counter Rotation
Controlled speed
Matched, parallel skis – No wedging
Snug the Core

Right Lower Lane:

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
Slow

Afternoon: 4 / 4 / 4

(1) Upper Blackwater

Hands on Hips Stubbies

7-8m distance

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

(2) Left Upper

Slow Speed Stubbies

20 / 2-3m

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

Left Lower

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

(3) Right Upper

Vertical Flush Brush Hops

25 / 1m distance

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

Right Lower

Fred's Drill

8m Long Pole Rhythm with pole plant target

20 turns in a row – same / Controlled
Pole touch at of before brush
Repeatable
Early edge change