



2018-19 West Mountain Racing Camps

WMR Fundamentals Race Camp

Early-Season Focus on Skill Development

Sunday River, Maine

December 1-3, 2018

Open to all USSA U10 - U19 Ski Racers.

Director: Steve Lathrop, WMR Alpine Racing Director.

Ski Academy Coaching ... Ski Academy Training ... for all USSA Racers

Get a **HUGE** jump on the ski racing season!

Learn the fundamental skills of World Class racers! A focused, ski-academy curriculum of skill development! This pre-season series of camps offers a terrific opportunity for serious young racers to start their winter of race training under the tutelage of elite WMR ski coaches. The curriculum includes lots of free-skiing drills and stubbie courses. The goal is to get athletes standing properly on their skis, review fundamental movements, and go over all of the drills and progressions that top racers in the world practice, including the U.S. Ski Team.

On-Snow Training, Daily Video, Ski Tuning & Tech Talks

Racers train double sessions each day from 8:30 am to 3 pm. While the camp focuses on skill development, much of the schedule concentrates on skills outside of courses, but athletes run stubbie courses for two sessions. Video analysis and tech talks are scheduled from 4:30-6 pm and 7-8 pm, with ski tuning from 5:15-6 pm.

Equipment Needed

Bring 1 pair of tuned slalom skis and poles, basic tuning tools (file guide, file, diamond stones), wax and SL shin guards. Face guards are not needed since athletes will only run stubbies.

Study Time

WMR recognizes that successful racers must be conscientious student/athletes and encourages good study habits at WMR ski camps. A study period (quiet hour) takes place from 4:15-5:15 pm. Athletes should bring homework!!

Early Snow at Sunday River Resort

Several ski areas in the Northeast try to open as early as cold temperatures allow snowmaking. Sunday River is one of the earliest, often opening in October. Even though a few ski areas might be open by Thanksgiving weekend, very few offer snow conditions fit for gate training. Sunday River is usually the earliest. That's why WMR trains at Sunday River on the first weekend of December.

Cost of WMR Sunday River Camp, Dec 1-3, 2018

FULL CAMPERS: \$675 WMR Racers: \$595 (Add \$60 if taking WMR van.)

COST INCLUDES: Lodging, lifts, breakfasts & dinners, lane space, WMR training program.

EXCLUDES: Lunches, snack stops on travel days, WMR van option to/from camps (\$60 RT).

DAY CAMPERS: \$395 WMR Racers: \$355

COST INCLUDES: WMR training program (on-hill training, training lanes and off-hill tech talks and video).

EXCLUDES: Lodging, lifts, meals, transportation.

Full Campers v. Day Campers

"Full Campers" lodge with the group and eat with the group. "Day Campers" stay on their own, probably with parents. They are included in all of the off-mountain activities (video, tech talks, tuning clinics, etc.). Sunday River lodging often includes lift tickets. If not, day campers should purchase lift tickets at the ticket window.

Transportation Options to Camps:

1. Racers may provide their own transportation.
2. Racers may ride in the WMR van, departing West Mountain on Friday and returning to West Mountain on Monday after a full day of training. Sign up for van transportation when registering for the camp.
Cost \$60 RT.

Depart from West Mtn: 3:00 pm, Friday

Arrive back at West Mtn: 7:00 pm, Monday

Camp Lodging: Snow Cap Inn

The Snow Cap Inn, where coaches and racers stay, in combination with the Snow Cap Ski Dorm next door, is perfect for the needs of the WMR camp. The lodging facility offers rooms with two queen beds. Three athletes will stay in each room and share the queen beds. The Ski Dorm has a ski tuning room, a video viewing area and a tech talk location. Lights out at 9 pm, along with all electronic devices!

Snow Cap Inn is located on the Sunday River access road.

GPS Setting: 15 South Ridge Road, Newry, Maine 04261

Telephone: 207-824-5000 (ask for Snow Cap Inn)

Lodging for Parents:

Some parents drop off their athletes at Sunday River and stay in the area; some drop off and go home. Parents may call Central Reservations to make lodging arrangements. Parents may ski if they choose, but no “hovering” please.

Sunday River Central Reservations: 800-543-2754 (early-season rates apply)

Check-In & Welcome Meeting on Friday:

Check into the lodging facility from 7:00 – 8:00 pm on November 30. Eat dinner before arrival. WMR van arrives around 8 pm. At 8:30 pm there is a welcome meeting in the lobby of the Snow Cap Inn for athletes and attending parents.

Register & Pay Online: www.westmtracing.com

Camp Questions:

Email preferred to Steve Lathrop at slathrop@westmtracing.com

Telephone: (802) 379-5574

West Mountain Racing website: www.westmtracing.com

Space is limited. First 21 to sign up are guaranteed spots.