



**2018-19**

**West Mountain Racing**

# **WMR Race Camps**

*High-Level Training for Enthusiastic Racers*



**West Mountain Ski Area**

Queensbury, NY

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*

## **Slalom, Giant Slalom, Super-G Sessions**

### **West Mountain Ski Area, a center of ski racing.**

Located on the southeastern corner of the Adirondack Mountains of New York, West Mountain has a long history of ski racing and has produced many top athletes over the decades. New ownership took over in 2013 and has invested several million dollars in updating and expanding the ski area, all done with a keen interest in enhancing the race training venue. A new FIS-homologated SL and GS trail is cut; permanent tower-mounted fan-guns are installed on the race trail; a new quad-chairlift replaces an old double, and 100% snowmaking coverage now blankets the entire ski area. With its 1000-foot vertical, the venue offers terrific race training for Slalom, Giant Slalom and Super-G.

### **Slalom Camp Sessions**

Slalom sessions obviously focus on slalom, but with several different slalom courses per run. Each course-set has a different theme, so athletes can focus on different slalom skills that each course emphasizes. The new FIS-approved race trail at West Mountain is terrific for lots of variety of slalom terrain.

### **Giant Slalom Camp Sessions**

During the GS camps, athletes train GS on the new FIS-approved race trail at West Mountain. The trail is great for GS training because of the wide variety of terrain, including a nice steep section. With its permanent snowmaking guns, the homologated trail offers SL and GS training conditions as good as any trail in the East.

### **Super-G Camp Session**

Athletes will train Super-G on "Northwest" which offers a USSA-homologated SG trail. It's perfect for U14-U19 athletes to experience an introduction to SG and practice the various SG elements (bumps, rolls, jumps, tuck sections), as well as top-to-bottom runs. See suggested skis in the "Equipment" section below.

## **2018-19 WMR Racing Camps** **Sessions at West Mountain Ski Area**

<u>Date:</u>	<u>Focus:</u>	<u>Days on Snow:</u>	<u>Day #1 Check-In:</u>	<u>Cost for Visiting Racers: w/ Lifts</u>	<u>Cost for WMR Racers</u>
December 19-21	Slalom	Wed-Fri (3 days)	9 am, base lodge	\$475	\$355
January 18-20	Super-G	Fri-Sun (3 days)	9 am, base lodge	\$475	\$75
February 19-21	Slalom & GS	Tue-Thu (3 days)	9 am, base lodge	\$475	\$355
March 13-15	Giant Slalom	Wed-Fri (3 days)	9 am, base lodge	\$475	\$355
March 20-22	Slalom	Wed-Fri (3 days)	9 am, base lodge	\$475	\$355
April 5-7	Slalom	Fri-Sun (3 days)	9 am, base lodge	\$475	\$355

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

Racers train double sessions each day from **9 am to 3 pm**. While each camp focuses on the event of the camp, much of the learning experience comes from World Cup video analysis and tech talks, which are scheduled from 3:30-4:30 pm. Sessions end at 4:30 pm each day (in time for athletes to get some homework done!).



## Equipment Needed

Bring tuned and waxed race skis for the camp of choice, as well as basic tuning tools (file, diamond stones, file guide), wax and SL guards for SL camps (shin, chin and pole guards). **For the Super-G camp**, athletes may use their regular GS skis, but GS skis about 10 cm longer would be a good choice. SG skis are not necessary, but certainly can be used.

## Lodging for Parents & Athletes: <https://www.westmtn.net/lodging-dining>

Visiting athletes and parents may arrange their own lodging in nearby Queensbury and Glens Falls, NY. The West Mountain website lists several hotel options, as well as discounted rates at the Country Inn & Suites in Queensbury.

## GPS Location: West Mountain Ski Area

West Mountain is located off Exit 19 on New York's I-87 about 1-1/4 hours north of Albany. Some athletes will commute from the capital district.

**West Mountain Ski Area  
59 West Mountain Road  
Queensbury, NY 12804**

## Camp Questions:

Email preferred to Steve Lathrop: [slathrop@westmtracing.com](mailto:slathrop@westmtracing.com)  
Telephone: (802) 379-5574  
West Mountain Racing website: <http://www.westmtracing.com> (for race camp info & registration)  
West Mountain ski area website: <https://www.westmtn.net> (for lodging info & ski area details)

## Register & Pay Online: <http://www.westmtracing.com>

Please go online to register and pay with a credit card for each camp session.  
First come, first serve, so register ASAP.

**Space is limited. First 21 to sign up for each session are guaranteed spots.**



## Steve Lathrop WMR Alpine Racing Director

In his racing career, Lathrop competed for 5 years on the World Cup circuit as a member of the US "A" Ski Team. He competed in the FIS World Championships, was ranked 16<sup>th</sup> in the world in slalom and 33<sup>rd</sup> in the world in downhill. Lathrop was US National Downhill Champion, US National Combined Champion, US Junior National Slalom Champion, and CanAm Slalom Champion. He received a BA degree from Middlebury College and an MBA degree from Harvard Business School.

Lathrop has coached ski racing all of his adult life. His 4 daughters were VARA State Champions, USSA Eastern Champions, or US Jr National Champions, and one a US 'D' Ski Team member. Recently Lathrop was the director of Stratton Mountain School's Alpine Development Program, and now is alpine racing director of West Mountain Racing, including the WMR Race Camps.