

2020-21 WMR Alpine Development Camps

WMR Conditioning Camp

West Mountain, Queensbury, NY

July 13-17, 2020

(8:45 am to 4:00 pm, Monday--Thursday; to 12 noon on Friday)



West's Tree-Top Adventure Course

Dryland Training for **Ski Racers & Sports Enthusiasts**

Athletes: U12-U19 Ski Racers & Athletes, Ages 10-18.

Director: Steve Lathrop, WMR Head Alpine Coach.

Cost: \$395 for 5-day dryland training program.



***Critical Off-Season Conditioning ...
Improve Athletic Performance & Reduce the Risk of Injuries***

Why a summer conditioning camp?

The conditioning camp offers U12-U19 ski racers, ages 10-18 an opportunity to enjoy a fun-filled fitness adventure in the **Adirondacks of Upstate New York** and begin their education about a critical part of successful ski racing. High level competition in any sport requires an increasing commitment to strength, cardio, core, balance & agility and flexibility.

What you will gain from the WMR Conditioning Camp:

1. Get in great shape and launch and/or expand your summer/fall conditioning activities.
2. Learn how to condition the athletic body with a complete, comprehensive conditioning program.
3. Learn one of the most important skills in high performance athletics: visualization & imagery.

Train and Hike in the Lake George Region of the Adirondacks.

In addition to conditioning exercises, athletes will acquire knowledge about the important elements of dryland training. That is, the camp is educational. Conditioning is now a critical part of high-performance ski racing. Check out the list of other tech talks in the box below, including a talk on sports psychology, a critical piece of athletic performance.



Enjoy the beautiful Lake George region.

Tree-top ropes courses, climbing walls & trampolining are part of the fun-filled dryland conditioning program.

Located in the southeastern corner of the Adirondacks of New York, the WMR conditioning camp uses the area's resources to produce a fun, productive curriculum for aspiring racers. Most of the dryland training activities take place at West Mountain. However, we will also use nearby soccer fields, hiking trails and fitness facilities. In case of inclement weather, camp activities shift to a local trampoline center and climbing wall.

West Mountain Racing ... A Unique Ski Program for Rising Alpine Racers

In Ski Racing ...

West Mountain Racing (WMR) presents a wonderful opportunity for junior racers to pursue their ski racing dreams, while not compromising any of their academics. WMR now offers an on-snow training program as full, intensive and complete as any ski academy in the country.

In Academics ...

For those interested, WMR has a unique relationship with Queensbury High School and Middle School. These schools cooperate with WMR, and WMR coordinates with the schools, allowing for high-quality academics and intensive race training. Queensbury High School offers the prestigious International Baccalaureate program, while placing students in top colleges and universities around the country.

[**Checkout WMR at: WestMtRacing.com]**

WMS Conditioning Camp

Daily Schedule

Monday to Friday, July 13-17

8:45	<u>Drop-Off</u> Athletes at West Mountain
9:00 - 9:30	Warm-Up & Stretching
9:30 -11:30	Morning Conditioning Session
11:45-12:30	LUNCH
12:45-1:00	Tech Talks
1:00- 3:30	Afternoon Dryland Training
4:00- 5:00	Recreational Activities (swimming)



Morning Conditioning Sessions

Physical Testing
Circuit Training (obstacle course, etc.)
Cross-Fit Training (power, core, agility & speed work)
Air Awareness Training (trampoline work)
Weight Training (intro to weights, foundation work)

Afternoon Dryland Training

Hike West Mountain
Tree-Top Ropes Courses
Running Trails
Climbing the Wall ... at the nearby Climbing Wall

Tech Talks

Off-Season Dryland Training Strategy & Program
Imagery & Visualization for Aspiring Athletes
World Cup Racing Images for Off-Season Advancement

Cost of Camp:

Day Campers \$395 **Includes:** Conditioning program, 9 am – 3 pm.
Excludes: Lunch. BYO or purchase in West Mountain cafeteria.

Register & Pay Online: www.westmtracing.com

1. Fill out the online camp Registration Form.
2. Make online credit card payment.
[If check payment preferred, make check payable to 'West Mountain Racing.' Mail it to the address below.]
3. Print out, fill out and email the Medical/Liability Form to: sara@westmtn.net Or, bring the form to check-in.

Check-in at 8:30 am, Monday, July 13 **Welcome Meeting at 8:45 in base lodge.**

West Mountain//Conditioning Camp

59 West Mountain Road
Queensbury, NY 12804

Questions:

Email preferred: slathrop@westmtracing.com (Steve)

Telephone: (802) 379-5574 (Steve Lathrop)

Website: www.westmtracing.com

Mailing Address: WMR Conditioning Camp, 59 West Mountain Rd, Queensbury, NY 12804

What to Bring

- Workout clothes: sweatpants, sweatshirt, shorts
- Hiking clothes shorts, sweatshirt, windbreaker
- Workout Shoes 2 pair if possible (workout, hiking)
- Swimsuit, towel
- Day pack (to carry extra clothes and water bottle)
- Water Bottle!!! Required!
- Bandana ... for sun and virus protection

Space is limited. First 20 to sign up are guaranteed spots.

Corona Virus Impact:

Obviously, the Corona virus may have an impact on the camp. As the country slowly opens, the camp will follow national and state protocols closely. Presently we are planning for an ordinary camp.

As the date gets closer, we will make whatever adjustments are necessary, if any.

For more info, call **Steve Lathrop** at (802) 379-5574.