



West Mountain Racing
2020-21 WMR Alpine Development Camps

WMR Summer Race Camp

Mt. Hood, Oregon

SL Session: July 18-28, 2020
GS Session: July 29-August 8, 2020

Open to: USSA U12/U14/U16/U19 Racers
Days on Snow: 8 of 9 days (1 day off) per session
Cost/Session: Full Camp: \$2795; Day Camp: \$1995



[See note on Corona Virus below.]

Ski Academy-Level Coaching & Training

Focus on Skills, Slalom & GS

Summer race training offers a great opportunity to work on fundamentals both in and out of courses in a relaxed, focused and fun atmosphere. Daily on-snow training (7 am to 12 noon) is spent doing free-skiing drills and running lots of drill courses under the direction of the elite WMR coaching staff. The Palmer Snowfield on Mt. Hood is renowned for some of the best summer training conditions in the world, obvious to the Canadian Ski Team, US Ski Team and other national teams which frequent it.

Mt. Hood ... Highest Mountain in Oregon (Elevation: 11,237 feet)

Afternoons are filled with a variety of outdoor activities, which allow athletes to enjoy the beauty of Mt. Hood and the surrounding Cascade Mountains (only volcanic mountain range in Continental US). Activities include hiking to a volcanic crater or scenic waterfalls, enjoying thrill rides at the nearby adventure zone, and sipping blackberry shakes in Govy. On days off, the group may go rafting on the Deschutes River, windsurfing in Hood River, or picking some of the biggest blackberries and raspberries in the country. The afternoons and evenings wrap up with tuning, tech talks and video analyses.

On-Snow Training

The first 2 days of the camp focus on free-skiing drills, then transition to gate training ... lots of gates. Training courses are set with a variety of themes in order to allow racers to focus on different SL and GS skills. For important variety, courses are set with stubbies, brushes and tall gates.

Accommodations at Collins Lake Resort

Coaches and 'Full Camp' athletes stay in very convenient condos in Government Camp. "Govy" is the closest village to Timberline Ski Area and sits at the bottom of the access road to the mountain. It is a small resort village with ski shops, restaurants, bars and a convenience store. Other teams often stay at the Collins Lake condos too, which makes it fun to meet athletes from other parts of the country. Families with athletes may also rent condos at Collins Lake Resort (800-234-6288; CollinsLakeResort.com).

Parents who Travel with 'Full Campers'

Parents who come have lots to do ... ski a couple of days, ride up the scenic chairlift, hike up to the snowfield, watch training (no coaching or hovering please), carry a salt bag, mountain bike, golf at a nearby 27-hole course, or explore the beauty of the Columbia River, Cascade Mountains and Pacific Ocean. **Make it a family vacation!** For U12 (and qualified U10 racers), parents are encouraged to come, but not required. Parents may stay at the Collins Lake Resort or other nearby lodging facilities (Best Western, Resort at the Mountain). For convenience, most parents rent a car.

Travel Schedule for 'Full Campers' (SL & GS Sessions):

- July 18 & 29 Fly into Portland International Airport, Portland, Oregon.
Target time of arrival for WMR van pick-up: 11 am to 3 pm.
Arrive Collins Lake Resort, Government Camp, Oregon in time for dinner & meeting.
- July 27 & Aug 7 Depart Government Camp 2-5 pm for Portland airport after a regular day of training.
Schedule flights after 5 pm on July 27. Most flights to the East Coast are 'red-eyes.'
- July 28 & Aug 8 Arrive in East Coast cities for parent airport pick-up.

Cost of 'Full Camp' Session: \$2795

Includes: Lodging 9 nights, 3 meals/day, 8 days lifts and lanes, salt as needed, daily transportation, transfers to/from Portland International Airport (within designated arrival-time windows), elite coaching, tech talks and video analysis.

Excludes: Airfare, any travel expenses except as noted above, lunch on days off.

Cost of 'Day Camp' Session: \$1995

Includes: Lifts & lanes (8 days), salt as needed, elite coaching, tech talks and video analysis.

Excludes: Airfare, lodging, meals, daily transportation to mountain.

Flights for 'Full Campers'

Parents and other family members are welcome to join the group, but it is not necessary. Some racers will travel with parents. Others will travel with the group and coaches. Others will travel by themselves.

Flying with Parents, Camp Friends or Alone: WMR coaches will pick up and drop off athletes who arrive and depart during the normal travel windows (see above).

Flying with WMR Coaches: Coaches will depart from Albany. For athletes traveling with the group, please communicate with WMR to coordinate travel plans.

Register on WMR Website: westmtracing.com

Questions:

Email (preferred) **Steve Lathrop** at: slathrop@westmtracing.com or call (802) 379-5574.

Space is limited. Register now!

Athletes do not have to put any money down until June 15, when we will know of any viral updates & adjustments.

But please email WMR your interest so we may plan accordingly.

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 Oregon protocols very closely. Presently we have reserved lanes for our camp dates and continue to plan 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.

Mt Hood with Palmer Snowfield. Elevation: 11,237 feet.



NOTE: The WMR Conditioning Camp is set for July 13-17, 2020 at West Mountain and is timed for athletes to get physically prepared for the WMR Summer Race Camp.