



2020-21

West Mountain Racing

WMR Race Camps

Early-Season Focus on Skill Development



Sunday River Resort, Maine

Session #1: Session #2: Session #3:
Nov 21-25 Nov 21-28 Dec 4-6

**Open to all USSS & High School Racers, U12-U19.
 Director: Steve Lathrop, WMR Alpine Head Coach.**

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

Racing & Skills, Skills, Skills

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. These pre-season camps offer a terrific opportunity for enthusiastic 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/tall-gate courses. The goal is to get athletes standing properly on their skis, review critical fundamental movements, and go over the drills and progressions that top racers in the world practice, including the U.S. Ski Team.

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, sometimes opening in October. Even though some ski areas in the East open by Thanksgiving weekend, very few offer snow conditions and space that allow for gate training. Sunday River is the exception.

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 and tall gates as well. Video analysis, tuning and tech talks keep athletes busy between skiing and bedtime. It is a full day!

We will attempt to follow the schedule below, but virus protocols may impact the schedule.

3:30-5:00	Tuning—Assigned Times	6:00-7:00	DINNER
4:30-6:00	Video—Assigned Times	7:00-8:00	Tech Talk & World Cup video analysis

Equipment Needed (SL skis only)

For the WMR camps at Sunday River, bring 1 pair of tuned slalom skis and poles, basic tuning tools (file, file guide, diamond stones), wax and SL guards (shin and chin). For athletes that have irons and vices, please bring them to share with the group. WMR brings an iron and vices as well. SL skis are best for early-season drills and gates.

Study Time

WMR recognizes that successful racers must be conscientious student/athletes and encourages good study habits at WMR race camps. Athletes are encouraged to study each day during a free block of time. Bring homework!

Cost of WMR Sunday River Camps						
	<u>Nov 21-25 (5 days)</u>		<u>Nov 21-28 (8 days)</u>		<u>Dec 4-6 (3 days)</u>	
	<u>With Lift</u>	<u>Without Lifts</u>	<u>With Lifts</u>	<u>Without Lifts</u>	<u>With Lifts</u>	<u>Without Lifts</u>
Guest Racers	\$895	... \$745	\$1495	... \$1195	\$575	... \$475
WMR Team Members ...	\$745	... \$595	\$1195	... \$995	\$475	... \$375
NOTE: All dates above are the on-snow training days.						
COST INCLUDES: Lifts (if indicated), training lanes, gates, video, WMR race training program.						
EXCLUDES: Lodging, Meals, Transportation.						

Transportation Options to Camps:

With the coronavirus, it must be a 'day camp' unlike in previous years. Racers must provide their own transportation. Bus service runs between the Grand Summit Hotel and Barker base lodge where race training takes place.

Camp Lodging & Meals

With the coronavirus, all camps in the U.S. must be a 'day camps.' Racers must provide their own lodging and meals.

Lodging for Parents & Athletes or 'Travel Groups':

Families or 'travel groups' (a parent with 2-3 invited athletes) have two general lodging options, as listed below. For lodging plans, race training takes place out of Barker Mountain base lodge at Sunday River Resort. Discounted lift tickets may be purchased with lodging reservations if staying at the Grand Summit Hotel; otherwise, families may purchase discounted lifts through the camp.

1. **Grand Summit Hotel** ... most convenient, nearby, tuning/video room, bus service to/from Barker base lodge. It offers family suites and studios with kitchens or kitchenettes, as well as regular double occupancy rooms.
 - Call Sunday River Central Reservations: 800-543-2754. Identify yourself with the 'West Mtn Camp.'
 - Special low-season rates apply for families of the WMR Camp and are available starting September 21.
 - Lodging Cancellation Policy: Up to 14 days before check-in, no penalty but a \$50 service charge.
2. **Off-Site Motels** ... in the Bethel and Newry area ... lower prices, less convenient.
[River View Motel (4.3 mi), Inn at Rostay (5.1 mi), Rooster Roadhouse (5.3 mi), West Bethel Motel (10.0 mi)]

NOTE: Athletes should register for the WMR Race Camp immediately to reserve a spot. Then, deal with the lodging after. If for any reason athletes cancel prior to Nov 1st, 100% of the camp registration payment is refunded by West Mountain Racing.

Register ASAP & Pay Online: www.westmtracing.com

To register, go to the homepage and click on the big red box → "**CLICK HERE to Register Online TODAY.**" For athletes (parents) who have registered for previous WMR camps, use your username and password to open your account. For first-time registrations, create a username and password. Once logged in, choose the camp session, register, and pay with a credit card. For questions, call 802-379-5574.

Camp Questions:

Email preferred to Steve Lathrop: slathrop@westmtracing.com
Telephone: (802) 379-5574
West Mountain Racing website: www.westmtracing.com

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 16th in the world in slalom and 33rd 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 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 the head coach of West Mountain Racing, including the WMR Race Camps.