



2020-21

West Mountain Racing

WMR Spring Race Camps

High-Level Training for Enthusiastic Racers

West Mountain Ski Area

Queensbury, NY

April 2-4 & April 9-11, 2021



Open to USSS & High School Racers, U12 - U19.

DIRECTOR: Steve Lathrop, WMR Alpine Racing Director.

Ski Academy- level Coaching ... Ski Academy- level Training ... for all USSS Racers

Slalom & Giant Slalom Sessions

West Mountain Ski Area, a center of ski racing.

Located on the southeastern corner of the Adirondack Mountains, 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 millions of 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 was cut; permanent tower-mounted fan-guns installed on the race trail; three new chairlifts replaced old chairs, 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 Session

Coaches set 2-3 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 Session

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.

Snow Conditions in April.

Obviously snow conditions in April can vary. West Mountain has built up huge amounts of man-made snow on the trails where the courses are set. Often salt is applied to harden the snow surface, creating similar training conditions found on glaciers in North America and Europe for summer racing camps.

2020-21 WMR Racing Camps					
Sessions at West Mountain Ski Area					
Date:	Focus:	Days on Snow:	Day #1 Check-In:	Cost:	WMR Racers
April 2-4	Giant Slalom	Fri-Sun (3 days)	9:30 am, base lodge	\$495 <small>(Includes Lifts)</small>	\$295
April 9-11	Slalom	Fri-Sun (3 days)	9:30 am, base lodge	\$495	\$295

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. The on-snow portion of the camp is very unlikely to be impacted. The off-hill activities (tech talks, video analysis) may have to be done by Zoom.

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 3:30-4:00 pm. Sessions end at 4:00 pm each day.



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 GS camp, bring some SL skis and gear just in case of last minute changes due to weather and changing snow conditions.

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. Here is a partial list of local lodging:

<u>Lodging Facility</u>	<u>Location</u>	<u>Telephone</u>	<u>Drive-Time</u>
Queensbury Hotel	Glens Falls, NY	518-792-1121	15 min
Country Inn & Suites	Queensbury, NY	518-745-0180	13 min
Best Western	Lake George, NY	518-668-5701	16 min
Holiday Inn Express	Queensbury, NY	518-415-1888	8 min
Super 8 Motel	Queensbury, NY	518-415-1446	8 min
Baymont	Queensbury, NY	518-615-4161	13 min
Motel 6	Queensbury, NY	518-793-3700	14 min

GPS Location: West Mountain Ski Area

West Mountain is located off Exit 18 on New York's I-87 about 1 hour north of Albany. Some athletes will commute from the capital district.

GPS → West Mountain Ski Area, 59 West Mountain Road, Queensbury, NY 12804

Camp Questions:

- Email preferred to Steve Lathrop: slathrop@westmtracing.com
Telephone: **(802) 379-5574**
West Mountain Racing website: <http://www.westmtracing.com> (for race camp registration & payment)
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. At the home page, click on the BIG RED BOX that says:

"CLICK HERE to Register Online." Open an account with a username & password.

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 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.