



2021-22

West Mountain Racing

WMR Race Camps

Early-Season Focus on Skill Development

Sunday River, Maine

2021 Sessions:

Nov 20-24, Nov 20-27, Dec 3-5



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

Director: Steve Lathrop, WMR Alpine Racing Director.

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

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 open by Thanksgiving weekend, very few offer snow conditions and lane space that allow for gate training. Sunday River is an 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!

| | | | | | |
|-----------|----------------|-----------|-----------|----------------------------------|--------------------------------------|
| 3:30-4:00 | Tuning | | 6:30-7:00 | Video & Tuning | |
| 4:00-5:00 | Study Hall | 6:00-6:30 | DINNER | 7:00-8:00 | Tech Talk & World Cup video analysis |
| 5:00-6:00 | Video & Tuning | | 9:00 | Lights Out! All electronics out! | |

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, chin, pole). 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. A study period (quiet hour) takes place on most days. Bring homework! U18 athletes may also study from 9-10 pm.

Cost of WMR Sunday River Camps

| | <u>Nov 20-24 (5 days)</u> | <u>Nov 20-27 (8 days)</u> | <u>Dec 3-5 (3 days)</u> |
|--------------------------|---------------------------|---------------------------|-------------------------|
| | <u>Day Camp Only</u> | <u>Day Camp Only</u> | <u>Day Camp Only</u> |
| All Guest Racers: | \$995 | \$1595 | \$595 |
| WMR Team Members: | \$845 | \$1395 | \$495 |

NOTE: Dates are the on-snow training days. Lodging check-in should be the night before.

DAY CAMP INCLUDES: Lifts, Training Lanes, WMR Race Training Program.

“ EXCLUDES: Lodging, Meals, Transportation.

Day Camp because of COVID:

The WMR Race Camp usually provides lodging, meals and transportation. With COVID, the camp must operate as a day camp because of COVID protocols. Therefore, athletes must provide their own their own transportation, lodging and meals.

Please: Everyone who is eligible should **get vaccinations** before arriving at the camps ... so everyone can relax. Do your part!

Transportation to Camps:

Racers provide their own transportation. The schedule below should help parents and athletes plan their transportation schedule.

| Camp Session: | On-Snow Days: | Arrive Sunday River: | Depart Sunday River: |
|----------------------|----------------------|-----------------------------|-----------------------------|
| Nov 20-24 ... | Sat-Wed (5 days) | Friday, Nov 19, 6-8 pm | Wednesday, Nov 24, 1:00 pm |
| Nov 20-27 ... | Sat-Sat (8 days) | Friday, Nov 19, 6-8 pm | Saturday, Nov 27, 1:00 pm |
| Dec 3-5 ... | Fri-Sun (3 days) | Thursday, Dec 2, 6-8 pm | Sunday, Dec 5, 1:00 pm |

NOTE: On the final training days, a full session of training takes place before departure at 1 pm.

Official Lodging Options for Athletes & Parents: **Grand Summit Hotel**

Coaches stay in the **Grand Summit Hotel**, and camp families are encouraged to do the same, since tuning, tech talks and video are all scheduled there. Parents may call Central Reservations to make lodging arrangements at the Grand Summit Hotel or other lodging facilities (hotels, condos, etc.). Of course, parents may ski if they choose; the mountain is open to the public.

Sunday River Central Reservations: 800-543-2754 (early-season rates apply)

Welcome Meeting at 8:00 pm at the Grand Summit Hotel:

On arrival days (Nov 19 and Dec 2), at 8:00 pm there is a welcome meeting in the Grand Summit Hotel. Inquire at the front desk for its conference room location. Parents are welcome to join this first meeting.

Register & 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 registrants, create an account with a username and password. Once logged in, choose the camp session (and separately, van transportation), register and pay with a credit card. For questions, call 802-379-5574.

NOTE: When you register online, there is **an insurance option** that covers early departures for injuries and any possible camp cancellations. WMR cannot refund any portion of camp fees within 7 days of the beginning of camps.

Camp Questions:

Email to Steve Lathrop (preferred): slathrop@westmtracing.com
Telephone: **(802) 379-5574 (Steve)**
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 alpine racing director of West Mountain Racing, including the WMR Race Camps.