



SUMMER CAMP INFO SHEET MAMMOTH - FIS/PG JUNE 10-24, 2018

Mammoth Mountain FIS/PG June Camp

AGE GROUPS: FIS and PG Athletes
YOB: 2002 and older

STAFF: Torey Greenwood – 518-480-5483
Austin Nevins – 603-568-4441
Alice Black – 970-393-2056

COST (does not include airfare):

\$3,500 if registered and paid in full on or before April 30th

\$3,700 after April 30th

Camp cost includes van transportation while at Mammoth, lodging, food, lift tickets, lane training fees and coach costs. Athletes need to bring money for incidentals and meals while on the road.

SCHEDULE:

June 9 - Coaches depart from Aspen with gear and equipment

June 10 - Athletes fly into Reno early to mid day

June 11 - June 24 - Tech Training GS/SL (twelve days on snow / two days off)

June 25 - Depart from Reno

DAILY SCHEDULE:

- Wake up - 6:30
- Breakfast 6:00 – 6:45
- Ski – 7:30 to about noon
- Lunch – 12:15
- Rest / demo center ski drop off and pickup / ski tuning – 1:00 – 3:00
- Dryland / afternoon activity (recovery focus) – 3:00 – 5:00
- Dinner – 5:30
- Video / Chalk Talk / Goal Setting – 6:30 – 8:00
- Room checks and lights out – 9:00

PACKING LIST:

- SL & GS Skis and race gear. Some companies will be there to test but bring your skis and boots from last season. Full SL and GS race gear.
- Tuning kit – Iron, wax, files, stones.
- Ski gear preparing for cold weather (layers as it starts out cold and warms up most days)
- Rain gear
- Athletic clothes: shorts, sweats, sweat shirts, athletic shoes that you could play soccer, ultimate, etc. hiking shoes, and baseball hat.
- Sun screen (good quality 30+SPF)
- Swim suit and towel

Camp Content:

- Fundamentals progression with 4 day blocks on snow with rest days in-between.
- **Block 1 June 11-14**
 - SL Free ski with balance drills focusing on balanced skiing and solid technical skiing. Getting into SL drill courses with Brushes, Stubbies and Panel SL variations.
- **Block 2 June 16-19**
 - GS Fundamentals and technical skiing. Working on basic solid ski fundamentals progressing to tactical drills in courses.
- **Block 3 June 21-24**
 - First two days of SL, finishing with GS on the final two days. Putting everything together with full length courses and timing.

Goal setting and self-regulation sheets will be filled out by the athlete each day. We will do video analysis of each individuals skiing with feedback and chalk talk each day of what we will go through the next day.