



SUMMER CAMP INFO SHEET

LOVELAND / A BASIN – U12

JUNE 3 – 7, 2018

Goals: This five day camp will provide athletes a great opportunity to shake off the rust and get back on their skis for a fun, productive training camp. Coach/athlete ratios will be kept small so kids can get lots of personal attention. Fun afternoon activities will keep everyone active.

Technical emphasis will be on establishing a solid athletic foundation; Tactical emphasis will be on utilizing a proper line through the gates. Introduction to cross-blocking courses will be available to those who need it.

Eligible athletes: Next year's U12s. (2007 and 2008 YOB)

Coaches: Pat Callahan and other coach(es) to be determined. Pat promises to learn some new jokes for the camp

Schedule:

Sunday, June 3 – Depart Aspen, free ski and drills at Arapahoe Basin

Mon-Thurs will be on a private training lane at Loveland

Monday, June 4 – Slalom drills and Stubbies.

Tuesday, June 5 – Drills, Stubbies and short courses

Wednesday, June 6 – Short and full length courses, Intro to Cross blocking for those who need it

Thursday, June 7 – Full Slalom course and Dual Slalom, Loveland. Return home after skiing.

Daily schedule: Except for the first day, we will be skiing at Loveland from 7:00 am -1:00 pm. The training session will include a brown-bag lunch break.

There will be video analysis of each athlete each day.

Afternoon activities will include dryland training (trips to the Rec Center, hiking, soccer, etc). Possibly bowling and/or movies one evening.

Accommodations: Depending on group size, we will either rent a house or get hotel rooms at La Quinta

Cost: Unlike some ski camps, cost of the AVSC U12 camp is (almost) all-inclusive. Cost will include lodging, meals, lift tickets, private training space at Loveland, afternoon activities, and transportation to camp and ski areas. Not included are snacks, outlet shopping, etc. Approximately \$1000, depending on group size.