



Blue Mountain Speed Training

February 9, 2024

Limited participants.

Mountain

Facilities – Upper Cafeteria in Valley Lodge – Razors Edge trail accessed by using the Comet Quad or Challenge Express

Equipment

SUGGESTED - U14 - 175cm with 17m meter radius

Schedule for the Day

8:00am – Registration in the Valley Lodge Upper Cafeteria

8:30am - Break into Groups

9:15am – Warm up and Free ski on Razors Edge

10:00am – 12:00pm 5 Stations

1. Pole Jumpers
2. Transitions and Super G Turns
3. Absorbing Terrain – rollers/ waves
4. Gliding and Tucking
5. Jumping

12:00pm - 1:00pm - Break / LUNCH

1:00pm – 3:00pm Time Runs



REGISTRATION

Online race registration- www.adminskiracing.com