



Brantling Sponsored Snowmellow Alpine SL Camp

Dates: 1/15/23

Drop Off: 8:00 AM

Pick Up: 3:00 PM

Address: 4015 Fish Farm Rd, Sodus, NY 14551

Snowmellow Camp Director: Johnny Walker

Snowmellow Coaching: Johnny Walker, Joe Nacca, and Michele Spear-Cowell

Daily Schedule (*Subject to modification based on weather & conditions)

Drop-off and Boot-up: 8:00 – 8:15 AM

Morning Meeting: 8:30 AM – 8:45 AM

Dynamic Warm-Up: 8:45 AM – 9:00 AM

Block One: 9:00 AM – 11:00 AM

Lunch: 11:00 AM – 11:30 AM

Block Two: 11:30 AM – 1:30 PM

Speed Challenge: 2:00 PM - 2:30 PM

Debrief and Release: 2:30 PM – 3:00 PM

Notes

Bring the following items to camp:

Water bottle	Slalom Skis
Pocket Snacks	SL Gear
Hill Pack (optional)	Back protector
Brown bag or buy lunch	Awesome Attitude
Helmet with chin guard	***Hand and Toe Warmers***



Safety:

- Please alert the coaching staff with any health or medical needs, such as allergies or situations that may require special attention.
- Helmets are mandatory
- No fast skiing in marked slow skiing zones
- Chair lift safety bars will always be used correctly (State Law)
- Netting will be used to protect from immovable objects or the side of the trail.
- Each environment will be explained at the start of the training block.
- Brantling's medical plan is available upon request.

Camper Expectations:

- No active electronic device usage during camp
 - Devices may be used for specific medical purposes
 - Using phones for non-medical purposes will result in the camper being asked to store the phone inside their ski bag.
 - Devices may be stored IN A POCKET to track skiing (example: Ski Tracks, Slopes)
- Please get in touch with coaches if you need to contact your child.
- Platinum Rule: Treat others as they would like to be treated
- Nobody rides the lift alone!
- Work hard and have fun!

Camp Format:

- Skill acquisition through specific environments and repetition
 - The environment teaches the skill
- Section-specific timing feedback
- Video Review
- More skiing, less standing

Skill Focus:

Muscle Confusion	Turn Shape
Pressure	Pole Touch
Edging	Ankle Flexion
Balance (fore, aft, rotary)	Clearing (vs. reaching)
Compress and extend	Mindset and Focus
Starts and rhythm	80% Rule



Weather:

- The forecast is always very dynamic
 - Please plan accordingly with appropriate clothing, change of layers during lunch if possible.
 - Hand and toe warmers along with face covering
- Camp time/schedule is subject to change based on weather and snow conditions

Contact Information:

Johnny Walker
Cell: 704.258.4300
e-mail: johnny.walker@snowmellow.com

Joe Nacca
Cell: 585.469.8799
e-mail: joe.nacca@snowmellow.com