

## GVSC U12 skills Camp - Sunday 12/18/22

Registration 9:00 - 9:45 am

Coaches meeting 9:45 am

Start 10:00 am

Lunch break 12:15pm-1:00pm

Afternoon 1:00-3pm

### AM session:

1. Pole hoppers
2. Picket Fence
3. Edging:
  - a. Side slip with edge sets
  - b. Straight run to side slip with edge set
  - c. Banana Turns (Garlands)
  - d. Traverse with edge set
4. Traverse
  - a. Basic Traverse
  - b. Traverse Extensions
  - c. Wedge turns
  - d. "Get over it" Traverse to outside ski turn
5. Flight progression
6. Wave track? - if available

### PM session:

1. Brush course - apex - focus on pole plant and edging
2. Stubbies course
3. Wave track? - if available