



Sunday Oct 20th, 2024

# ELITEAM

## ELITEAM Dryland Clinic RETURNS to Willard!

For young ski racers, ages 7-17, who want to get a jump on the season! The day will be filled with a variety of ski specific workouts, mental skills training, and lots of fun with 2-time Olympian and ELITEAM Director Doug Lewis.



**Dates:** Sun Oct 20th, 2022  
**Ages:** 7-17 years-old  
**Location:** Willard Ski Area  
**Fee:** \$30 for VARA Members  
**INFO:** Dan Spigner  
 518-441-3182  
 Reg Link: ????????????????????

### Schedule:

8:30-9 Registration  
 9:00 Welcome speech  
 9:10 Warm-up, Circuits, Strength  
 Team Challenges  
 11:30 Lunch  
 12:15 Sports Nutrition Activity  
 12:45 Agility, Obstacles Courses  
 Quickfeet Slalom  
 2:30 Hike Mtn  
 3:00 Doug Lewis Speech  
 3:30 Program Ends

*ELITEAM* is coming back to the Willard Ski Club for another fun and informative dryland ski clinic that will motivate our young ski racers to push their limits! *ELITEAM*'s program will teach our athletes exercises that will help prepare them for the racing season. The kids will learn fun and innovative dryland techniques that they can do with their Coaches or on their own during the pre-season. They will also learn how a focus on sports psychology can help them not only train more effectively, but SKI FASTER.

This *ELITEAM* clinic will focus on ski specific exercises that will give our young racers the tools to perform better from start to finish. Working on agility, coordination, footwork and rhythm will result in faster feet and better balance. A focus on strength and anaerobic capacity will pay off at the end of races. Finally, Olympian Doug Lewis will lead a Nutritional activity that will be fun and informative. The athletes will be making a yummy recipe and they can eat what they cook immediately!

At the end of the clinic, Doug will talk to parents, kids and coaches about his thoughts on junior ski racing, World Cup athletes and share inspirational stories about his World Cup and Olympic experiences. Don't miss this special event!

