

**U14 Eastern Division Speed Camp
Attitash Mountain Resort
January 31, 2025**



We are excited to have you join us for the U14 Eastern Division Speed Camp at Attitash! We have a full day of speed elements and training planned for you. Please come prepared with sharp SG/GS skis, GS suit, back protector, GS/SG poles, and be ready to learn and go fast! Please see our schedule listed below.

Venue: Spillway, Borvig Flats to Finish Building

- 8:00 - Registration opens in Attitash Base Lodge, South Wing
- 8:30 - Coaches Meeting, distribution of timing chips - South Wing
- 8:45 - Athlete meeting - South Wing
- 9:00 - Lift load on Flying Yankee
- 9:15 - Free ski of the hill
- 9:30 - Sectioned Super G elements
- 11:30 - Lunch
- 12:15 - Athletes load Flying Yankee for full length inspection
- 12:45 - Training Runs begin
- 2:30 - Final athlete on course, slip of hill
- 3:00 - Group wrap up at bottom of Spillway