

**NYSSRA U14 Super-G Development Project**  
**NYS, PA, NJ**  
**Belleayre Mountain**

Quotas: Invited divisions

PA	15
NJ	15
Tri State	15
NYS	50

Age group: U14 (Athletes that are on the right equipment, Min. 17M radius skis, no soft ear helmet, full hard shell helmets FIS approved)

Open event till filled with 50 NYSSRA athletes  
**Registration will be on Admin under NYSSRA Events**

**Add Link: To be added Monday**

**Lodging Information: To be added Monday**

Dates: U14	February 3-4
Location:	Belleayre Mountain NY
Cost:	\$90.00 for two days
Registration	

**This is a two day commitment and can not be separated for attendance. Athletes and coaches are responsible for lodging and meals, this and effort to keep on site project costs at a minimum. Will have a list of lodging on next email.**

*This is an effort to get some of our athletes together for Super-G development at appropriate venues for age groups.*

*Getting these athletes together has a great impact on pace and collateral overflow when coaches and athletes return to their home program.*

*Day one is geared at specific environments that will address tactics, technique, and terrain. Day two will be a couple of full length sets that will be timed but not a race. This will give coaches in pods of athletes and opportunity to go over some areas of improvement.*

*Coaches are highly encouraged to come with their athletes, but we can help with any athletes that need coaching without a their program coach attending. We will also have some coaches that have skied at high levels of speed competition attending.*

*Coaches at this event will get listed and sent to USSS Coaches Education for credit.*

*Any questions contact Stephen Mergenthaler 'Mergs' at:*

*Email:           mergs@nyssra.org*

*Phone:          518-524-3328*

*The most important aspect is that the athletes are getting used to speed on bigger skis and protocols for speed events.*

*Coaches TCM   Sunday 2/2/25 7:00 PM   link:<https://us02web.zoom.us/j/81953346072?pwd=TrmFK6z8otDMloCv2U6YHBmMjtqb8V.1>*

*Schedule:*

*Monday 2/3/35*

*7:30   Coaches setting load*  
*7:30   Register Long House -Athletes boot up at the Overlook Lodge*  
*8:30   Athlete meet behind Long House group break out 8:30*  
*8:45   Load Gondola*  
*9:00   Training sections/elements*  
*12:00  Break for lunch (athletes responsible for lunch)*  
*1:00   On hill*  
*3:00   Wrap up*

*Tuesday 2/4/25*

*7:30   Gondola load for setters*  
*7:30   Athletes boot up Overlook Lodge*  
*8:00   Athletes meet behind Long House meet with group. Free ski full length hill*  
*8:45   Full length SG inspection run 1*  
*9:30   Run 1 Sections*  
*10:30  Re-inspect*  
*11:15  Run 2 Full length*  
*12:15  Lunch*  
*1:15   Possible run 3 or re-inspection or sections*  
*3:00   Re cap and travel home*

*First meeting with athletes*

*Cover groups and how they will be broken up,*

*Cover starting rotation,*

*cover athlete prerequisites all other requirements at TCM meeting.*

*Any safety concerns for awareness, help with taking B-net down or putting up.*

*Crossings, slow zones outside of arena.*

*Athletes must be on GS or age appropriate SG skis - Min. 17 meter radius. No SG skiing outside arena.*

*Athlete Prerequisite:*

*Review schedule,  
review safety protocols, Yellow flags etc.  
review tuck,  
review movement from high to low tuck and visa versa,  
Review how you pull up/bail out,  
Reinforce with coaches and athletes group rotation schedule,  
Inspection of all elements before running.  
**No SL skis, No twin tips, 17M radius Min.**  
FIS approved helmets,  
back protector if they have one,  
no sun glasses -goggles only,  
speed suits to strip (when ready) for more dynamic experience.  
All protocols for, yellow flag zones, movement on hill, and environment access.  
Athletes should have a backpack with water bottle, snack, extra clothes at top or bottom,  
how to wear your pass (clothing vs speed suits)*

*Environments: We will attempt to cover these elements day 1*

<b><u>Starts</u></b>	<i>Work at starts - start gate with two gates finish after second gate</i>
<b><u>Pole Hoppers</u></b>	<i>6-8 poles on ground work progression</i>
<b><u>Wave Track</u></b>	<i>6-8 rolls 1 meter high spaced top to top 12-15 Meters (dye top of each roll, panel gat either side of roll)</i>
<b><u>Phantom jump</u></b>	<i>Straight run into dyed 15 meter box with open gate 2 panel designation for jump line (STRESS THE GO ZONE)</i>
<b><u>Jump</u></b>	<i>1 Meter high with same set up as phantom jump (STRESS THE GO ZONE)</i>
<b><u>Speed corridor</u></b>	<i>On pitch to flat 1.5 meter corridor with brushes 75-100 meters long clock with radar gun (emphasize differences in aerodynamic positions)</i>
<b><u>Corridor</u></b>	<i>20-25 meters wide 75-100 meters long blue line down center</i>
<b><u>Apex challenge</u></b>	<i>Set same radius as corridor with apex brushes set and blue line down center</i>
<b><u>High speed turns</u></b>	<i>6-8, 30-35 meter turns (offset) with blue line or window in transition (pitch is good for this)</i>
<b><u>Glide turns</u></b>	<i>6-8, 35-40 meter turns set straighter dye timing some for forward movement moving in and out of high to low tuck (last 1/3 of pitch to flat)</i>
<b><u>Delay</u></b>	<i>Two open gates to one right foot delay (15 meters between successive gates) two 30 meter open gates then Left foot delay (dye turn shape inside pole)</i>
<b><u>Yellow flag</u></b>	<i>Introduce on hill</i>

*FYI*

*Coaches will explain progression and environments to their group with out a major time lapse  
Important that groups stay in rotation  
Coaches should work all environments with simple progressions to more complex if athlete is ready  
Coaches should give simple explanations of environment.  
Feedback should be short and concise*

*Feedback should prescriptive rather than descriptive  
Coaches need to slip and maintain environments after their group has gone through*

*Train / Ski more talk less*

*Most of all have FUN!!!!*