

2025 MVC U12 Super G Camp Invite and Schedule

Okemo Mountain, VT

February 9, 2025

Clubs Invited

All MVC Clubs' U12 athletes, plus 10 U12 athletes from SVC. Coaches' discretion is encouraged in choosing athletes for whom this will be an appropriate camp.

Format

The day will consist of a morning and afternoon session. The morning session will consist of free runs to warm up and then stations in groups. The afternoon session will consist of more stations in groups with all athletes having the chance to work on each station. We will be utilizing Chief and Wardance. See schedule below and hill plan for more details. **Athletes must be on their regular GS skis or longer. No SL skis.**

Cost

\$40 per athlete – all athletes will receive a bib for the day, which must be returned at the end of the day - \$100 fee for a lost bib.

Athlete Rosters

All athletes must register and pre-pay for the event through adminskiracing.com at <https://adminskiracing.com/event/584>. Please have your athletes register by Friday, February 7th at 11:00 am (registration will close at this time) so that camp groups can be organized. All participating athletes must be current USSS and VARA members.

Coach Rosters

Please have all coaches registered on adminskiracing.com as well.

Team Captains Meeting

A virtual TCM will be held on Saturday February 8th at 5:30 pm – link will be sent to all registered coaches.

Schedule (subject to change)

7:30 – 8:30am	Bib/Ticket Pick-up at the Okemo Competition Center – Team Captains Only
9:00am	Athlete and Coach Meeting at the Yurt at the bottom of Wardance
9:15 – 11:15 am	AM Training Session in coach led athlete groups
11:30am – 12:15pm	Lunch at the Sugar House (suggested location - must provide your own or purchase from cafeteria – OKEMO IS CASHLESS)
12:15 pm	Athletes and Coaches meet on the deck of the Sugar House
12:30 – 2:30pm	PM Training Session in coach led athlete groups
2:45pm	Meet on the deck of the Sugar House for camp wrap-up

Parent Tickets

Parent tickets (2 per athlete) are available for \$49 plus tax at a Ticket Window in the Clocktower Base Area of Okemo. Must give the name of your athlete and the event they are in to purchase tickets.

Contacts:

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2025 U12 Super G Camp Hill Plan

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Subject to change

Trails: Upper and Lower Chief

First Element: Starts and skating practice from the Start House and then the “U16 Start”

Goal: To develop strong starts and good skating technique; have athletes stop at each location and simulate a race start

Location: Start House at Top of Chief and U16 Start Mound just below the start of the trail

Second Element: Gate section on the “Head Wall” – SG gates set at approx. 28 m with significant offset

Goal: Work on turn shape in longer radius turns, become comfortable with steeper terrain, carve clean arcs

Location: Top of the Head Wall – near tower 16

Third Element: Gate section from Coaches’ Knoll over Work Road/Airplane/Elevator (all terrain is currently very mild!)

Goal: Long even pressure, efficient movement, clean arcs; progress to making turns in a tuck where appropriate

Location: Coaches’ Knoll/just below Tower 14

Fourth Element: Straight run with Speed Trap

Goal: Get comfortable with speed

Location: Start skier’s right below Elevator/top of Zig Zag (or lower based on athlete’s comfort level) – speed trap at the GS finish. Speed will be taken at first set of gates and athlete stops just past the second set of gates.

Fifth Element: Tuck and Glide Drills (no gate set) – Work on proper tuck technique going over high and low tucks. Suggested progression run to run: Straight runs; straight runs in tucks; traverses moving in and out of tucks; tuck turns utilizing both low and high tuck.

Goal: Work on balance, efficient movement, body position in and out of tucks

Location: Below the GS Finish

Rotation Pattern on Chief:

To be most efficient with time, each group’s first run will be an inspection run to inspect all stations and utilize the areas in between/below the pole jumpers for freeskiing/warm up. Then groups begin utilizing stations beginning with Station 1 and continuing through the stations in order. **The Sunburst Six lift should be used – we can use the lesson line – far left of the lift corral on the Chief side.**

Trail: Wardance

Wardance elements will be set in two lanes. Groups should alternate through both lanes.

Skier’s left lane:

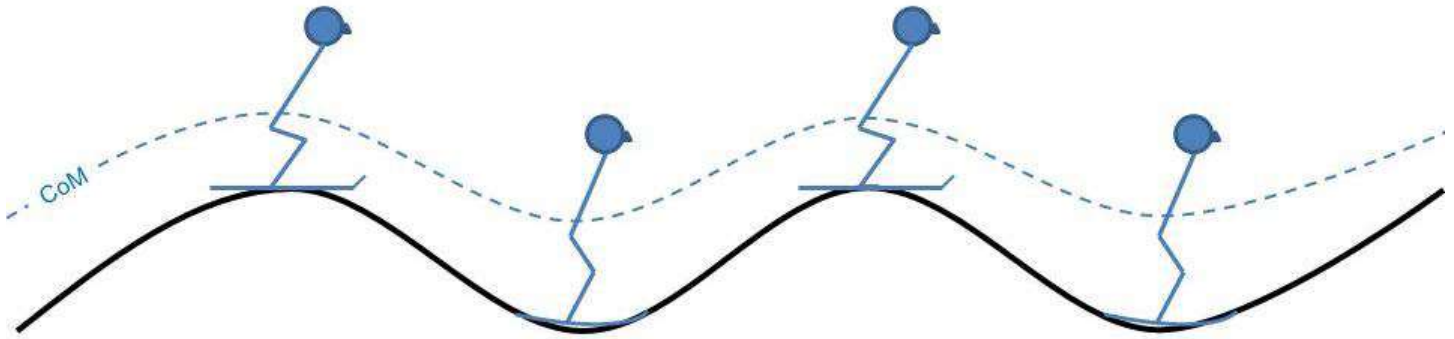
First Element: GS Set through Spine and Rollers - Adjust for skill of each athlete. May be set as two separate sections – snow conditions depending. If connected, still could begin by running in shorter sections if athletes aren’t ready to run the full set. Let the terrain do the teaching as athletes figure out how to respond and absorb the terrain.

Goal: Athletes learn to respond to and absorb terrain; ankle and knee flexion.

Location: Skier’s left; halfway down the pitch

Second Element: Wave Track

Goal: Efficient movement, when and where to move to absorb terrain, getting comfortable with bigger terrain progress to starting further up the hill and/or running in a high tuck



Skier flexes on the upside of the bump and extends the lower body into the trough between the rolls. The dashed line indicates the path of the skier's center-of-mass.

<http://videos.ussa.org/coetv/detail/videos/skills-quest/video/5582469017001/phase-4-straight-run-in-a-wavetrack?autoStart=true>

Location: Lower part of trail; skier's left

Third Element: Pole Jumpers (set just with blue dye lines)

Goal: Efficient movement, jumping off both skis, landing on a flat ski, this will be done both in a tuck and out of a tuck. Once athletes are comfortable with the wave track, they can connect the wave track into the pole jumpers.

Location: Just below wave track

Skier's Right Lane:

Fourth Element: Jump

Goal: Learning when and where to move, how to move and how to land, feeling confident to take air. Gates will be set to show the "go zone" which is where the athlete should be committed to going over the jump and make no turns or speed checks. Athletes should start where they are comfortable and move up the hill as they are ready.

Location: Jump is midway down the pitch; near "Innkeepers Start"

Fifth Element: SG gate set on flats for working on tuck and glide turns with Brower timing

Goal: Athletes learn proper form for low tuck and high tuck/when to use each, efficient gliding.

Location: Flats on skier's right to bottom of trail

Rotation Pattern on Wardance:

To be most efficient with time, each group's first run will be an inspection run to inspect all stations in one lane. Second run will be an inspection of the other lane. Then groups begin utilizing stations beginning with Station 1 or 4 (half of the groups on one lane and half on the other) and continuing through the stations in order, switching between lanes each run. **The Black Ridge Triple should be used.**

*****Coaches please slip each gate section on Chief and Wardance each time you rotate through with your group to stay on top of course maintenance. Coaches should stay in pairs with groups.*****

At 2:30 pm all coaches and athletes should begin to head to the Sugar House deck for a camp wrap-up meeting at 2:45 pm. We will try to pull on our way to the meeting, and would appreciate help pulling the courses after if needed. Please be aware that we may need to help with some fencing as well.