

2026 U14 VARA Introduction to Speed
Okemo Mountain, VT
Girls & Boys Thursday/Friday January 29-30th

Format

The days will consist of a morning and afternoon session on Chief and Wardance. Athletes will start with section and speed elements and progress to full length course sets. See the schedule below and hill plan for more details. **Athletes must use GS or SG skis (NO SLALOM SKIS, Pole Guards, or Chin Guards).**

Cost

\$35 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 or unreturned bib.

Registration

Please register on Adminskiracing ([VARA U14 Terrain Camp SG /GS Intro Speed/Terrain | AdminSkiRacing](#)). Ideally Athletes register for both days of the camp to get the most out of the progression that is built into this camp to develop our VT Athletes. Thursday 1/29 registration closes 1/27 11am, 1/30 registration closes 1/28 11am.

Team Captains Meeting

We will have a mandatory TCM for all coaches attending **1/28 at 4:30pm**. Link to zoom will be sent out in Tri-Council WhatsApp. This will be the TCM for both Days so ensure you attend. This link will be emailed to Registered Coaches.

Additional Information

- Put down Safety bars
- Keep lift ticket/pass on you at all times (inside speed suite)
- No fast free skiing on SG skis, unless in netted venue (Chief or Wardance)
- Athletes and coaches can use dedicated lessons line (try to make groups of 6)
- In the event of an injury course will be put on hold. The number for ski patrol is (802)228-1498. Depending on the location athletes may be able to move around the injured athletes and continue skiing

Athlete Grouping

Athletes will be organized into group A, or group 1 by their coach based on their SG experience. Group 1 is for athletes that have had prior SG training and race experience and have skills and strength to ski longer course sets. Group A is for athletes that are new to SG or have limited experience and need to progress into longer courses. We will send coaches a list of their registered athletes on 1/28 after 11am when registration closes and ask them to organize their athletes into the group that fits their experience level.

Schedule Days 1 and 2

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|-------------|---|
| 8-8:45am | Bib/ticket Pick Up @ Competition Center by Coach |
| 9am | Load Lifts |
| 9:15am | Athlete and Coach Organize into groups and inspect stations |
| | 9:30 – 12:30pm Athlete groups A/1 utilize stations on Chief or Terrain on Wardance(see hill plan). |
| 12:30 – 1pm | Lunch @Sugarhouse mid-mountain lodge or Summit Lodge (must provide your own lunch or purchase from cafeteria, card transactions only) |

1pm

Athletes and Coaches meet at the start for a quick re-inspection of course
1:15 – 3:30pm Chief SG training runs (Athletes will run in bib order (or as close as possible), bibs will be returned at the end of the day in the finish area).

Day 1 - Group 1 is on Chief, Group A on Wardance

Day 2 - Group A is on Chief, Group 1 on Wardance

Contact: Charles (Jet) Robbins jrobbins@okemomountainschool.org

2026 U14 Super G Camp Hill Plan

Okemo Mountain, VT

Group 1: Day 1 Upper and Lower Chief

Stations:

First Element: Top Pitch and Blind Knoll (out of Start house)

Goal: Improve inspection, anticipation, and starts - To develop strong starts and good skating technique, and anticipation of the blind knoll, knowing direction.

Location: Start House at the top of Chief to work road

SG gates set at approx. 30-35 m with offset over knoll.

Second Element: Work road to finish moving over terrain - SG Gates set 30-35 m

Goal: Learn how to move over terrain with speed, focus on keeping skis on the ground and pressing the backside of terrain (pump the hill for speed), have direction for the blind gate, gliding tuck turns in flats

Location: Start just above work road, finish at GS finish.

Third Element: Straight Run/aerodynamics

Goal: Get comfortable going straight and fast in a tuck, riding a flat ski

Location: On the flat section below normal U14 SG finish (GS finish)

PM Training Runs: Full-length training runs with morning gate sections connected, or reset depending on conditions from the morning. No movement on the hill, unless we are on hold or have a slipping crew. Okemo staff will start athletes and be spread out on the trail to clear and call Stop Start. We will need some additional coaches to help clear the trail.

*****Coaches please slip the gate section on Chief each time you rotate through with your group to stay on top of course maintenance*****

Group 1: Day 2, Wardance:

First Element: Skiers right full length SG

Goal: Turn shape, going from more offset to less, with a jump at inn keepers. Wireless timing to give athletes a measure to help improve

Location: WD start house to WD GS finish

Second Element: Skiers left SG through Terrain (spine and spaced rollers)

Goal: Manage terrain at speed, pressing the back side, pumping the terrain to produce speed

Location: WD work road to lower flats

Third Element: Traditional Wave Track

Goal: Keep snow contact, can be done in or out of a tuck.

Location: Bottom of WD skiers left

Group A: Day 1 Wardance

First Element: Skiers right SG section

Goal: Turn shape, going from more offset to less, with a jump at inn keepers.

Location: WD work road to above SL finish

*athletes can start the first couple runs 2 gates above the jump to learn how to move over an air.

Second Element: Skiers right SG gliding section

Goal: Tuck turns and gliding on flat terrain

Location: Just above WD SL finish to GS finish

Third Element: Skiers left SG through terrain (spine and spaced rollers)

Goal: Manage terrain at speed, pressing the back side, pumping the terrain to produce speed

Location: WD work road to lower flats

Fourth Element: Traditional Wave Track

Goal: Keep snow contact, can be done in or out of a tuck.

Location: Bottom of WD skiers left

*After lunch Skieres right will be linked into a full length SG section with timing

Group A: Day 2, Chief:

First Element: Starts and skating practice from the Start House (4 gates) with timing.

Goal: To develop strong starts and good skating technique

Location: Start House at the top of Chief to just above U16 start

Second Element: Gate section on the "Head Wall" – SG gates set at approx. 30-35 m with offset

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

Location: Start on top of the Head Wall – near tower 16, end above coaches knoll

Third Element: Moving over terrain, with blind gates and terrain- SG Gates set 30-40 m

Goal: Learn how to move over terrain with speed, focus on keeping skis on the ground and pressing the backside of terrain (pump the hill for speed), have direction for blind gate

Location: Just below gate section on headwall, and ending at U14 SG finish (GS finish)

Fourth Element: Straight Run

Goal: Get comfortable going straight and fast in a tuck, riding a flat ski

Location: On the flat section below normal U14 SG finish

PM Training Runs: Full length training runs with morning Gate sections connected, or reset depending on conditions. No movement on the hill, unless we are on hold or have a slipping crew. Okemo staff will start athletes and be spread out on the trail to clear and call Stop Start.