

2026 MVC U12 Super G Camp Invite and Schedule

Okemo Mountain, VT

March 6, 2026

Clubs Invited

All MVC and SVC Clubs' U12 athletes. Clubs must provide one coach per 7-8 athletes to help staff the camp. 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 an inspection run and then running the elements/ gate sections in groups. The afternoon session will be similar with an inspection run to start as some gate sections will be linked and or reset as needed. We will be utilizing Chief. See schedule below and hill plan for more details. **Athletes must be on their regular GS skis or longer. No SL skis.**

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 bib.

Athlete Rosters

All athletes must register and pre-pay for the event through adminskiracing.com at [MVC U12 SG Camp - training - \(moved from 2/8 to 3/6\) | AdminSkiRacing](#). Please have your athletes register by Thursday, 3/5 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. We need a coach for every 7-8 athletes from each club.

Team Captains Meeting

A virtual TCM will be held on Thursday March 5th 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
9:00 am	Lift for athletes
9:15 am	Athlete and Coach Meeting at the Sugar House on the deck
9:30 – 11:30 am	Inspection first run; ski the morning elements
11:30 am – 12:15 pm	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	Inspection first run to slip upper courses and inspect new lower course; ski the afternoon elements
2:45pm	Meet on the deck of the Sugar House for camp wrap-up and bib turn in

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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Robin Tracy, 802-228-1483, robin.a.tracy@vailresorts.com

2026 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 with timing and several gates

Goal: To develop strong starts and good skating technique through a short gate set. Timing by a Brower – athletes are responsible for remembering their own times.

Location: Start House at Top of Chief

Second Element: Gate section on the Head Wall over Coaches' Knoll to just above Work Road – 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

MORNING - Third Element: Freeski from Work Road over Airplane and Elevator Jump

Goal: Learning when and where to move, how to move and how to land, feeling confident to take air. Elevator will be dyed 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 be encouraged to go over Elevator with greater speed as they are comfortable.

Location: Work Road

MORNING - 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.

AFTERNOON - Third/Fourth Element: Gate section from Work Road over Airplane and Elevator through Zig Zag to GS finish

Goal: Gain confidence moving over terrain through a gate set

Location: Work Road

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 for freeskiing/warm up. Then groups begin utilizing stations beginning with Station 1 and continuing through the stations in order. In the afternoon session, all sections will be inspected again on the first run. **The Sunburst Six lift should be used – we can use the lesson line – far left of the lift corral on the Chief side.**

*****Coaches please slip each gate section 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.