2014 SUMMER SKI RACING CAMPS

Timberline, Mt. Hood, Oregon

Mt. Hood's Timberline Ski Area is an international training center and our summer training location. *For the past 16 years, SSRA has held the best summer training experiences anywhere*. Athletes who attend SSRA Summer Training Camps reach the highest levels of zonal, divisional, and regional competition. SSRA Summer Ski Racing campers have won Northwest Cups, J3/U16 Qualifiers, and EEYSL titles. They have medaled at Junior Olympics and have been crowned Buddy Werner Champions. SSRA Summer Camp is where ski racing dreams take root.

2013 Session 1

2013 Session 2

To become an expert in a sport takes 10,000 hours of practice. *Summer Ski Training is a critical part of this training time*. Summer training puts the foundation in place for gains that are made in fall and early winter camps, as well as during the winter competition period. Make sure to make summer training a top priority for a successful 2014-2015 season!

OUR PHILOSOPHY

SSRA Summer Training Camps focus on high quality, specialized training with a strong emphasis on individual attention. Multiple groups are created as necessary according to ability and age. Free skiing, drills, and drill courses are used to help athletes develop skills efficiently. On-hill video analysis is used daily to show progress and to help each athlete understand the effect of their efforts and what is felt on the snow. Technical development is primary with tactical challenges used to test the strength of the technical changes implemented. SSRA Summer Ski Racing Camps use state of the art training techniques to move ahead of the competition!

Boot alignment and all equipment is assessed and athletes have the opportunity to test various skis and boots. Early sessions have the most demo variety.

Afternoon and Evenings are used to supplement the on-hill training experience. Physical and mental training methods are taught to fully prepare athletes for the rigors of ski racing.

A strong emphasis on safety ensures that each athlete is comfortable in training situations and can excel. Rest, hydration and good nutrition are an important part of making the most of summer ski training.

Most of all…..SSRA Summer Ski Racing Camps are FUN!

Training on Palmer Snowfield

Whitewater Rafting

WHY SUMMER CAMP?

Summer training is where fundamental technical improvements for the upcoming season take place. For that very reason, summer camps are the SINGLE MOST IMPORTANT training blocks of the year!



Daily on-hill video & individual attention (6 to 1 avg. athlete to coach ratio)


The USSA coaches association recommends it!

The US Ski Coaches Association recommends:

For 11-12 year olds	***Up to 6 days of summer training***
For 13-14 year olds	***5-15 days of summer training***
For 15-16 year olds	***20-30 days of summer training***
For 17-18 year olds	***25-45 days of summer training***

Summer training conditions are reliable!

Great weather. Consistent, salted, and firm snow.

Mt Hood is in our "backyard"! Ski racers fly thousands of miles to attend summer camps at Mt. Hood. For SSRA, it is a short 5 hour drive!

Your competition attends summer camp!

**********MOST OF ALL….IT'S FUN!!!**********

WHY SSRA TEAM CAMP IS THE BEST

***Familiar and trusted coaches, chaperones, and vehicle drivers**

***20 Athlete Limit = Low impacted training surface (no ruts).**

***Low coach to athlete ratio** ***On-hill daily video**

***Continuity between summer prep and winter training camps. Coaches are invested in our athletes…before, during, and after camp!**

***Team building** ***GoPro video for unique perspectives**

***Familiar peer group limits distractions** ***Superior Lodging facilities**

***Small camp size insures that no athlete "gets lost in the shuffle"**

***Training courses set to meet the needs of SSRA athletes**

***Transportation to/from Spokane**

***World Cup video during breakfast to reinforce desired movement patterns**

***Lodging located in Government Camp-heart of the summer ski action and only 6 miles from the lifts!**

<u>Afternoon activities:</u> hiking, trail running, field sports, plyometrics, agility exercises, core work, and swimming.

Field Sports

Trail run to Tamanawas Falls

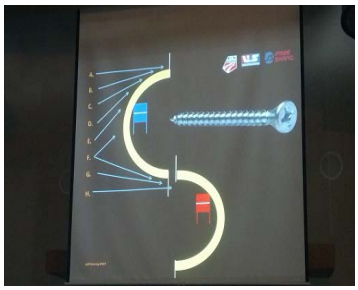
Swimming

Pumice Slalom!

Teammates

<u>Evening activities:</u> Basketball, ski tuning, tech talks, movies, and relaxation time.

Ski Tuning



US Ski Team Tech Talk

More Ski Tuning!

<u>Rest Day activities</u>: Rafting trip on Deschutes River or Trip to the Oregon Coast!

FULL CAMPS (Sessions 1-3) INCLUDE

Highest quality, professional and experienced coaching with home program and special guest coaches- the continuity of training with SSRA coaches in the summer should not be underestimated!

Low coach to athlete ratio (6 athletes per coach average)

Outstanding, comfortable accommodations in Government Camp

All on-site transportation Transportation to/from Spokane!

Three healthy meals per day plus snacks T-shirt

Lift tickets and training expenses (salt, etc.) Daily video analysis

All afternoon, evening and rest day activities Equipment demos-DAILY!

DAY CAMP (Session 1) INCLUDES

Highest quality, professional and experienced coaching with home program and special guest coaches- the continuity of training with SSRA coaches in the summer should not be underestimated!

Low coach to athlete ratio (6 athletes per coach average) T-shirt

Lift tickets and training expenses (salt, etc.) Daily video analysis

All afternoon and evening activities Equipment demos-DAILY!

ACCOMMODATIONS

Collins Lake Resort (www.collinslakeresort.com**)**



Located right in Government Camp at the base of the access road, our camp is based in the middle of the summer ski training environment. There is no drive from another town. Athletes can walk to demo shops and walk out their back door to the activities of the Mt. Hood National Forest!

MEALS



SSRA Training camp meals are nutritious and all-you-can-eat. Two meals are eaten daily at the camp house while a bagged lunch is provided for on the hill. In addition, snacks are always available in the camp kitchen.

2014 SSRA SUMMER CAMP DATES

Dates	Camp Name	Designed for:	Focus
Thurs, June 19-Thurs. June 26	Session #1	U8-U14	GS/SL
Thurs., June 19-Sun., June 22	Half Session	U8-U14	GS
Mon., July 7-Mon., July 14	Session #2	U12-U16	GS/SL
Tues., July 15-Tues., July 22	Session #3	U14-U16	GS/SL
Mon., July 7-Tues., July 22	DOUBLE SESSION	U14-U16	GS/SL

PRICING

	Session #1 (June 19-26)	Half Session	Session #2 (July 7-14)	Session #3 (July 15-22)
Full Camp	$1795 ($1695 with deposit by April 30)	$950	$1795 ($1695 with deposit by April 30)	$1795 ($1695 with deposit by April 30)
Day Camp	$1300	$600	-NA-	-NA-
			Double Session (July 7-22) $3495 ($3300 with deposit by April 30)	

"TYPICAL DAY" SCHEDULE

5:45 am / 6:15 am	Wake up, Breakfast/ Depart for mountain
7:00 am-Noon	On-Snow Training (9:45 snack break)
1:00 pm-2:00 pm	Visiting Demo (Ski/boot testing) Centers
2:30 pm-3:00 pm	Free time
3:00 pm-5:30 pm	Afternoon activities/Dryland Training
6:00 pm	Dinner
7:00 pm-9:00 pm	Evening Activities/Ski Tuning

WHAT TO BRING

On-hill needs :Skis, boots, poles, backpack, sunscreen, lip sunscreen, goggles, slalom face protection, shin guards, pole guards, helmet, layered winter clothing, rain gear, 2 pairs of gloves, hat, water bottles

Off-hill needs: Ski tuning equipment, training journal, summer clothing, running shoes, workout clothing, swimsuit, towel, toiletries, sleeping bag

CAMP SCHEDULES					
Dates	**Session #1**	**Dates**	**Session #2**	**Dates**	**Session #3**
June 19	8:00 AM Spokane Departure	July 7	8:00 AM Spokane Departure	July 15	8:00 AM Spokane Departure
June 20	GS Free Skiing	July 8	GS Free Skiing	July 16	GS Free Skiing
June 21	GS training	July 9	GS training	July 17	GS training
June 22	GS training Half Session pick up after training	July 10	GS training	July 18	GS training
June 23	Rest Day-Rafting or Beach	July 11	Rest Day-Rafting or Beach	July 19	Rest Day-Rafting or Beach
June 24	SL training	July 12	SL Training	July 20	SL Training
June 25	SL training	July 13	SL Training	July 21	SL Training
June 26	SL training/ Noon Depart	July 14	SL Training	July 22	SL Training

WHICH CAMP IS FOR ME?

Session 1: The full camp (8 days, 6 on-snow) program is designed for **U10-U14** athletes. Athletes stay together as a team and participate in all camp activities. Groups are based on ability. See day camp details below for a **U8** option.

Session 1 (Half Session): For athletes who are on a limited budget. Does not include transportation on return trip to Spokane.

Session 1 Day Camp (Half or Whole Session): For **U8-U10** athletes who prefer to stay with parents and participate in on-hill and afternoon activities only. Meals are not included in the Day Camp program.

Session 2: Designed for DEVO (**U12-U14**) and **U16** athletes.

Session 3-"Elite Camp": Designed for **U14 and U16** athletes.

DOUBLE SESSION (Sessions 2 & 3): Designed for **U14-U16** athletes who want serious improvement and extra time on snow to take it to the next level.

REGISTER BY APRIL 30 FOR DISCOUNT-

SPACE IS LIMITED!

1. **Fill out SSRA Summer Ski Racing Camp Registration Form. Write check for deposit payable to Chuck Holcomb. If you are instead interested in using a credit card, contact Chuck.**
2. **Send Form with deposit by April 30th to: Chuck Holcomb, 508 West 27th, Spokane, WA 99203. Upon registration, you will be contacted and given directions to camp headquarters!**
3. **Fill out Timberline Liability Release (sent upon receipt of reg. form)**
4. **Send remainder of camp fees to same address by May 31st.**

2014 SSRA SUMMER SKI RACING CAMPS

REGISTRATION FORM

Last Name:_____ **First Name:**_____ **DOB:**_____

Parent(s)/Legal Guardian(s):_____

Address:_____

City:_____ **State:**_____ **Zip:**_____

Phone (H):_____ **(W):**_____ **(Cell):**_____

Email:_____

Emergency Contact:_____

Relationship:_____ **Phone:**_____

Medical info(current medications/allergies):_____

Insurance Company:_____

Policy:_____ **Policy Holder:**_____

Delegation of Authority : **I** _____ **do hereby grant Charles Holcomb authority to make all decisions regarding medical care for my (son/daughter)** _____ **while (he/she) attends Ski Race Camp at Timberline/Mt. Hood, OR during**_____**,2014.**

Signed:_____ **Date:**_____

Printed name:_____ **Relationship:**_____

Session #1 **Full Camp (June 19-26)** ☐ **Half Camp (June 19-22)** ☐

Day Camp-Full (June 19-26) ☐ **Half (or June 19-22)** ☐

Session #2 (July7-14) ☐

Session #3 (July15-22) ☐

Double Session-Sessions #2 and #3 ☐

T-shirt: YM☐ YL☐ S☐ M☐ L☐ XL☐

***Payment Information*:** **A non-refundable $500.00 deposit is required to secure a space in each camp. Deposits are due by April 30th. The balance is due by May 31st. Make checks payable to Chuck Holcomb and send to 508 West 27th, Spokane, WA 99203.**