



NHARA Camp Review

Project: U12 Glide Camp
Location: Sunapee Mountain Resort
Date: Friday, January 10, 2020
Organizer: Fred Turton, NHARA Youth Education Coordinator
Area Connections: Jill Firstbrook, Program Director, Sunapee Race Team
Bob Underhill, Head Coach, Sunapee Race Team

On Snow Staff:

ATT	RJ Gray
BBTS	Brian Hanseth
BBTS	Tyler Zapton
CMS	Julia Ford
CRT	Maggie Flynn
FS	Matt Purcell
FSC	Matt Regan
GSC	Beck Stecher
LRT	Bailey Clermont
MCI	John Tracy
NH	Fred Turton
PATS	Jessa Fahey
RMS	Greg Heath
SUN	Bob Underhill
WILD	Derek Pelletier

Documents: On Snow Content
(see attached) Groups
Team Photo
Pre-Camp Parent Information
Pre-camp Coaches Information
Invitation

Weather: 25-35 degrees. Overcast. Light wind. Temperatures allowed for minimal outer wear over speed suits. Afternoon 2 sessions had all athletes in their suits only for the entire 2 hour period.

Visibility: Adequate. Generally flat light with no contrast.

Snow: Packed on tight surface. Minimal maintenance necessary.

Lifts/Slopes: Spruce Triple Chair. 130m. 6 min ride.
Eggbeater Slope 100m
Very good gradient and width for this introductory content. Contained.

Program Schedule: Worked very well. Program schedule was revised the day before to accommodate camp staff assisted B-net installation prior to engaging the athletes.

Protection: Excellent. Single layer of B Net Skier's Left, 40m wide fall zone right.

Safety: No issues.

Injuries: None.

Equipment / Set up: Plenty of brushes, gates and a dye pack ready to go at the top of the slope. A radar gun was also in use. Set up was quick and easy for all four sessions. S1: Brush starts / Brush finishes. 20M wide corridor. S2 add a glide track w/ pole hops. S3 replace corridor w/ 30m paneled turns w/ pole hops at transition. S4 35m paneled tuck turns.

Content: See attached 'Coach Content'. The goal was to invest time to re-establish understanding of the basics of tucking with our younger age group coaches. The coach content was distributed to the incoming staff the afternoon prior, along with a few pictures to clarify the teaching targets.. Simply, everything we did was in a tuck. All day. All four sessions. Straight running, turning, one ski straight running, one ski free ski, pole hops, all in a tuck. Very fun. "Tuck refinement" in session 3 was at very slow 7-10 mph. Top speeds in the glide track (S2) and the SG course (S4) were in the 43-46 mph range. Very appropriate for 17m children's GS skis. No terrain was integrated into this simple focus program. Kids were not initially 'happy' to be stripped down beyond parkas and warmups. In the morning, shorts and fleece/wind breakers were allowed. Kids and coaches had a blast.

Skill Level Observation: Quite varied. Surprised at the percentage (>25%) of the youngsters not comfortable (or able?) to carve large, linked turns. Yet, the athlete participation list virtually reflects the top 20% of 2008's in NH. Hmmm. Yes, confidence grew as the day went on. And it was fun to see many fighting to stay 'aero' thru the turns. We had very little 'chest up, butt down' which was encouraging. Coaches came away more confident in how to teach one of the must 'fun' aspects of alpine racing.

Looking Ahead: Kids that like speed should be encouraged to spend time learning how to tuck. And it can be done at home. Use a picture (like the frontal of Mancuso in this camp report), set up a mirror at low leg level and practice. Practice. Observing good tucks in youth projects throughout the East are hard to find. We are not good at zooming. Edging is 0-10 in terms of acuity, with 0 being flat. Teaching gliding? Find 0 is a start. What we see is lots of 'brushy' type turns, with minimal carving and plenty of drag. Gliding, tucking and generally looking for ways to go faster comes from lots of free skiing. Lots. Undirected play time. The zoomers will try to zoom more. Can we be sure to set aside plenty of time for the kids to play at expanding their comfort zone with speed?

Comments: Very worthwhile. Been looking forward to doing a camp of this type for 3 years.

Thanks to a large staff for engaging the athletes and stepping up to take care of what needs to be done. Once a venue is in place, it is often necessary to adapt to insure the athletes are

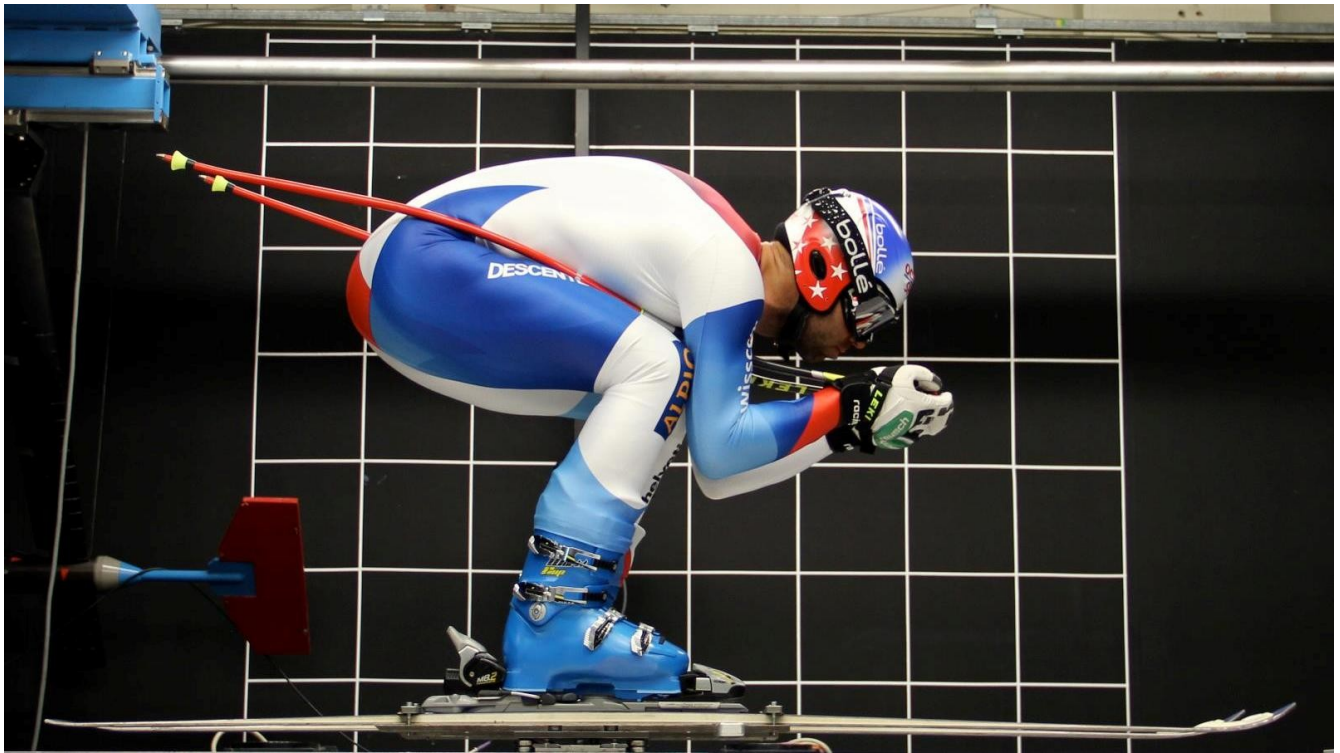
moving and the slope is maintained. This group of coaches did a great job in that way. Thank you. A special thanks to Olympian and now coach Julia Ford for joining us. We made sure she wasn't tied to a group and able to float and ski and connect with all. Her energy, playfulness, encouragement and 'can do' attitude is contagious, reminding us all that ultimately, we do this because the alpine ski sport is FUN!

Go NHARA!

FT/1.13.20







Coach Content
U12 Glide Camp
1.10.20

Tomorrow, we tuck. At all times.

High tucks. Medium tucks. Low tucks.

We will focus the after fencing indoor morning introduction on understanding how to tuck (coaches and kids).

On the Hill? Very Simple.

The goal is 4-5 runs for each 1 hour session. 2 sessions before lunch and the same after lunch. In order to do this, we will need to keep the kids moving. Little talk, little moving as a group, lots of laps.

Tucking? Yes!

Understand:

Yes!

Chest: Down (Hide your Bib)

Legs: Feet Apart / Shins Vertical / Knees Open (Make an "H")

Hands: Palms Up / Knuckles Together (Hide your Cheeks)

Elbows: Aligned in front of the Shins (Hide the Shins) (No Wings)

Head: Below the Shoulder Blades / Look Ahead (Be a Turtle)

Understand:

No!

Chest: Up (Bikini Butt / On the Heels / Sucking Wind)

Legs: Feet too far apart (riding the edges)

Hands: Low between the knees (air drag)

Elbows: Chicken wings outside body width (air drag)

Head: Up (Chest up / Air Drag / Bikini Butt)

We will do:

How to Tuck.

Tuck turning.

Straight run Tucking.

How to come out of a tuck. Hips Up.

Coaching terminology:

"Hide your bib"

"Flatten 'em Out"

"Chest down"

"Hands Up"

"No Chicken Wings"
"Softer"
"Roll your knuckles"
"Hide you Cheeks"
"Open your knees"
"Palms down"
"Hide your Shins"
"Feet too far apart"
"Look up"
"Push no Snowflakes"
"Less noise"
"Breathe slower"
"Smooth it out"

Remember:

Few Words / Short Intervals / Lots of Skiing

Athlete Reminders:

Lift Tickets under Wrist Sleeve
Slowing / Stopping effectively
Clearing the Finish Area
Keeping the Comp Center Clean

Equipment Up the Hill:

Dye Pack
Brushes
6 R / 6 B Paneled Gates
Pole Hops

Stations:

1. Lift Get-off to Slope
2. Top Flat to Start House
3. Eggbeater

Session 1

Station 1: One Ski Tucking
Station 2: Poling and Skating
Station 3: Tuck Turns – Brush to Brush 20m wide Corridor
Hands Up / Head Down / Elbows In

Session 2

Station 1: One Ski Tucking

Station 2: Whirlybirds w/ Parallel Skis (No Stepping)

Station 3: One Ski Turns – High Tuck

Pole Hop Straight Run – Lower Rt (w/Radar)

Lunch

Session 3

Station 1: One Ski Tucking

Station 2: Straight Run Tuck

Station 3: Tuck Turn – Hop – Tuck Turn

Session 4

Station 1: One Ski Tucking

Station 2-3: 35m SG Turns (w/Radar)

Team Pic

Bib Collection

Bib	First	Last	Gen	Club	Coaches
22	Caitlin	Cunningham	F	WILD	Bob U, Tyler
34	Beckett	Lehr	M	GSC	Bob U, Tyler
37	Grace	Tapply	F	FSC	Bob U, Tyler
42	Sadie	Potter	F	CRAN	Bob U, Tyler
52	Cooper	Zapton	M	BBTS	Bob U, Tyler
56	Beckett	Rathbone	M	ATT	Bob U, Tyler
23	Jackson	Bartick	M	WILD	Brian, Bailey
25	Anne	Pearce	F	RMS	Brian, Bailey
38	Ainslie	Williams	F	FSC	Brian, Bailey
40	Ben	Ames	M	FS	Brian, Bailey
45	Caiyu	Demaggio	M	BW	Brian, Bailey
53	Mackie	Hughey	F	ATT	Brian, Bailey
28	Jacob	Tracy	M	MCI	Derek, Beck
29	Ellen	Afzelius	F	LRT	Derek, Beck
39	Allie	Vogelien	F	FS	Derek, Beck
44	Jacob	Oliviero	M	CMCC	Derek, Beck
48	Georgea	Fisher-Smith	F	BBTS	Derek, Beck
50	Ivan	Luptak	M	BBTS	Derek, Beck
27	Addyson	Rossi	F	PATS	Maggie, RJ
31	Luca	Bene	M	LRT	Maggie, RJ
33	Teagan	Peabody	F	GSC	Maggie, RJ
36	Abigail	Perkins	F	FSC	Maggie, RJ
43	Rocco	Lazzaro	M	CMCC	Maggie, RJ
51	Declan	O'Shaughnessy	M	BBTS	Maggie, RJ
30	Mackenzie	Culgin	F	LRT	Matt P, Jessa
32	Eli	Norden	M	LRT	Matt P, Jessa
35	Alexa	Boden	F	FSC	Matt P, Jessa
46	Luke	Kitanov	M	BW	Matt P, Jessa
47	Hannah	Darov	F	BBTS	Matt P, Jessa
54	Liam	Cummings	M	ATT	Matt P, Jessa
21	Emily	Chandler	F	WILD	Matt R, John
24	Stella	Snyder	F	SUN	Matt R, John
26	Arianna	Hughes	F	PATS	Matt R, John
41	Abe	Musty	M	FS	Matt R, John
49	Taylor	Osterlind	F	BBTS	Matt R, John
55	Luke	Plachowicz	M	ATT	Matt R, John



Thursday, Jan 9, 2020

Hi Parents!

All is a go for tomorrow's NHARA U12 SL Glide Camp at **Sunapee**.

Here is a somewhat revised schedule:

8:00	Coaches - Mt Sunapee Competition Center Opens
8:15	Coaches – Radios / Tickets
8:30	Coaches – Load Lift / Fencing
8:45	Athlete Check In – Competition Center
9:15	Coach / Athlete Indoor Session
9:45	1st On Snow Session - Load Lifts
12:00	Lunch
12:45	2nd On Snow Session - Load Lifts
2:45	Wrap Up – Athlete Meeting and Photo
3:00	Athlete Pickup

Staff:

ATT RJ Gray

BBTS Brian Hanseth

BBTS Tyler Zapton

CMS Julia Ford

CRT Maggie Flynn

FS Matt Purcell

FSC Matt Regan

GSC Beck Stecher

LRT Bailey Clermont

MCI Jon Tracy

PATS Jessa Fahey

RMS Greg Heath

SUN Bob Underhill

WILD Derek Pelletier

Participating athletes will pick up their ticket and bib at the check in table between 8:45 and 9:00am. We'd appreciate each athlete to pick up their bib and ticket without needing a parent.

All athletes will have their bib number visible for both ski sessions. Lift tickets (RFID) should go under the wrist sleeve of their speed suit.

Bibs will be returned to their coach, before going inside, at the end of the day in the finish area.

Sharp, waxed skis are always appropriate. If you have a choice, please use goggle lenses which help brighten the surroundings.

The temperatures look pleasant; 25 -35 degrees through the day. No precipitation expected. We will be on the lower slopes.

We strongly encourage your youngster to wear their speed suits. This is a gliding session. With a fleece jersey, windbreaker shell and a neckie, they'll be fine. Puffy clothing and warm-up outer pants are strongly discouraged.

Outer gear may go on after the 9:15 indoor session.

Thanks for keeping the sugar out of their snacks and lunch tomorrow. We know their learning is much more productive when the candy, soda and sweets are minimized. Please no gum chewing while skiing.

Food service is available in either Base Lodge within easy walking distance from the Comp Ctr.

We are very fortunate Sunapee is providing us with use of their Comp Center tomorrow. May we please ask in advance for parents (and athletes) to be diligent to pick up and clean up throughout the day. Please? Thank you.

Yes, thanks for being on time. 'If you can't be on time, be early!'

Thanks for joining us. Let's go zoom!

Go NHARA!

Thu, 1.09.20

Hi Coaches!

Tomorrow look super. I was at Sunapee on Weds and all looks great.

8:00 Coaches – Mt Sunapee Competition Center Opens
8:15 Coaches – Radios / Tickets
8:30 Coaches – Load Lift / Fencing
8:45 Athlete Check In – Competition Center
9:15 Coach / Athlete Indoor Session
9:45 1st On Snow Session – Load Lifts
12:00 Lunch
12:45 2nd On Snow Session – Load Lifts
2:45 Wrap Up – Athlete Meeting and Photo
3:00 Athlete Pickup

We will be using the Spruce Triple only tomorrow. Located to 'lookers left' of the Spruce Base Lodge.

There are about 15 Bnets that need to be installed prior to putting athletes on the hill. Based on the experience in the group, this should take about 20 minutes.

When you arrive at the Comp Center, Fred will have your radio lift ticket, athlete lists and coaching content. Let's plan to meet outside at 8:25 to bring up any training supply that is not already been delivered to the top of the slope.

Maggie, Fred, Julia and Greg will not do the 8:30 load. We will be meeting, greeting, doing registration and preparing for the coach/athlete meeting at 9:15.

Staff:

ATT RJ Gray

BBTS Brian Hanseth

BBTS Tyler Zapton

CMS Julia Ford

CRT Maggie Flynn

FS Matt Purcell

FSC Matt Regan

GSC Beck Stecher

LRT Bailey Clermont

MCI Jon Tracy

PATS Jessa Fahey

RMS Greg Heath

SUN Bob Underhill

WILD Derek Pelletier

Coach Groups:

Matt Purcell / Jessa Fahey

Brian Hanseth / Bailey Clermont

Derek Pelletier / Beck Stecher

Matt Regan / John Tracy

Maggie Flynn / RJ Gray

Bob Underhill / Tyler Zapton

The group lists are attached. These will be printed and available for you at coach registration.

Content for tomorrow will be coming to you later today.

Hint: Everything is in a Tuck. Zoom!

Later.



INVITATION

U12 Glide Camp
Friday, January 10, 2020

Mount Sunapee Resort

Selections: Athletes born in 2008 that showed top performances in both slalom and giant slalom from the 2019 NHARA schedule. Run(s) and/or Race(s) were considered. Each division received a minimum quota of at least 3 boys and 3 girls selected.

Alexa	Boden	F	08	FSC
Emily	Chandler	F	08	WILD
Hadassah	Corey	F	08	LRT
Caitlin	Cunningham	F	08	WILD
Georgea	Fisher-Smith	F	08	BBTS
Arianna	Hughes	F	08	PATS
Mackenzie	Hughey	F	08	ATT
Taylor	Osterlind	F	08	BBTS
Teagan	Peabody	F	08	GSC
Anne	Pearce	F	08	RMS
Sadie	Potter	F	08	CRAN
Addyson	Rossi	F	08	PATS
Stella	Snyder	F	08	SUN
Allie	Vogelien	F	08	FS

Ben	Ames	M	08	FS
Tucker	Barnaby	M	08	FSC
Jackson	Bartick	M	08	WILD
Luca	Bene	M	08	LRT
Liam	Cummings	M	08	ATT
Caiyu	Demaggio	M	08	BW
Rocco	Lazzaro	M	08	CMCC
Beckett	Lehr	M	08	GSC
Ivan	Luptac	M	08	BBTS
Caedon	Manseau	M	08	FSC
Abraham	Musty	M	08	FS
Jacob	Oliviero	M	08	CMCC
Luke	Plachowicz	M	08	ATT
Beckett	Rathbone	M	08	ATT
Asa	Toms	M	08	FSC
Jacob	Tracy	M	08	MCI
Griffin	Vail	M	08	SUN
Cooper	Zapton	M	08	BBTS

Invited athletes will be introduced to the basics of gliding. Straight running, ski tracking, effective medium and low aerodynamic positions, on simple terrain while traversing and in the fall line. This will be a fun program.

We encourage your participation.

Camp Leader: Fred Turton, NHARA Youth Education Coordinator, US Ski & Snowboard L500 Coach

Sunapee Connection: Jill Firstbrook, Alpine Director, Mount Sunapee Alpine Programs
Bob Underhill, Head Coach, Mount Sunapee Alpine Programs

Other: **Each Team who has an invited racer is encouraged to send a coach.**

Registration Fee: \$50.00

To Register, go to: <https://www.skireg.com/u12-glide-camp>

If necessary, please create an account with SkiReg.

When registering, please use the best email for us to contact you with 'day before' details.

Registration Opens: Tuesday, December 24

The registration portal will be closed after Monday, January 6.

Bring: GS Skis – Boots – Poles – Helmet – Gloves – Goggles – Speed Suit

Leave at Home: Shin Guards – Forearm Guards – Slalom Poles with Hand Guards

Please be sure all personal ski gear is in good working order. Thank you for making sure your equipment meets US Ski & Snowboard regulations.

Schedule:

8:30 Mt Sunapee Competition Center Opens

8:45-9:00 Athlete Check In – Competition Center

Find your Home Program Coach

Your coach will then check in your child and get their Bib for you

9:05 Coaches Meeting

9:15 Athlete Meeting

9:30 1st Session - Load Lifts

11:30 Lunch (not included in the registration fee)

12:45 2nd Session – Load Lifts

2:45 Meeting

3:00 Athlete Pickup

Food Service is available at both the Spruce Lodge and Sunapee Lodge.

To be eligible to register for this project, each athlete must be a current (2019-20) member of US Ski & Snowboard as a U12 Competitor, as well as a current member of NHARA.

US Ski & Snowboard rules require that licensed US Ski & Snowboard Competitor members be covered by valid and sufficient accident insurance. The member must carry proof of this insurance and have it available at this camp so that prompt medical care can be obtained, if ever needed.

Members of US Ski and Snowboard attending this training camp are required to abide by the US Ski & Snowboard Code of Conduct. See page 14 of the 2020 US Ski & Snowboard Alpine Competition Guide.

Participating athletes must be healthy, free of injuries and able to participate fully in all aspects of the on-snow training program. This could include free skiing, gate training, running, jumping, agilities, calisthenics, flexibility training and games.

Please note the NHARA policy that require pre-payment of registration fees. All participating athletes are required to submit their payment prior to participation or services will not be rendered.

Questions? Fred Turton, NHARA Youth Education Coordinator, at: whygimf@gmail.com

