



Coaches:

John Rust (541) 490-9104
Katy Loewy (425) 214-6717
Brandon Green (503) 593-7905
Geoff Barrow (503) 789-4939
Aaron Z (503) 804-6956

Location: Big Sky Resort, Montana

Lodging Info: Beaverhead Condominiums (50 Big Sky Resort Rd, Big Sky, MT 59716)
<https://bigskyresort.com/accommodations/vacation-rentals/condos/beaverhead-condominiums>

Mandatory Forms:

- [consent to treat health form](#) Email to coach@meadowsraceteam.org ASAP!
- Payments are also due!

Departure Wednesday November 18th - Portland - IKEA near PDX, Hood River Starbucks at Exit 65

Return Thursday November 26th (mid day) Hood River Starbucks at Exit 65 & Portland - IKEA near PDX

Schedule:

Wed., Nov. 18 - Depart Portland and Hood River

5:00 AM - Meet at IKEA (back of parking lot)

5:25 AM - Depart PDX

6:00 AM - Meet in Hood River (by Starbucks)

6:15 AM - Depart Hood River

7:00 PM - Arrive Big Sky

7:30 PM - Team Meeting

9:00 PM - In rooms

9:30 PM - Lights out

Van Safety: Passengers are required to wear masks 100% of the time while in the van. This means there is no eating in the van.

Bio breaks:

Due to Covid travel restrictions we cannot stop at restaurants for meals. We will be stopping at rest areas for breaks during the drive. Athletes need to pack a full day of healthy snacks, lunch and a dinner. During the stops athletes are encouraged to get out of the van, stretch, use the restroom and have a snack or meal. Athletes are not allowed to leave the vans at gas stations,

unless there is an emergency need. Covid risks are substantially increased for the team when athletes depart the vehicle.

Thurs Nov. 19th - Nov 24th high level schedule

- 6:00 AM Morning run + stretch
- 7:00 AM - 8:00 AM Racer Breakfast
- AM Training Block
- 12:00 PM - 1:00 PM Racer Lunch
- PM Training Block
- 3:30 - 6:00 PM Homework/Downtime
- 6:00 PM - 8:00 PM Racer Dinner

** School / homework will be scheduled and supervised when not on snow.*

**Downtime and dryland activities will also be scheduled*

Wednesday Nov. 25

Early Training schedule

- 6:00 Wake up
- 6:15 Warm up
- 7:00-7:30 Breakfast
- 8:00-12:00 Training block
- 12:00-1:00 Lunch

1:00 PM - Depart Big Sky

7:30 PM - Arrive Spokane

Holiday Inn Express - Spokane Valley (9220 E Mission Ave, Spokane, WA 99206)

****Please ensure athletes have some cash for dinner on the 25th - coaches will handle ordering takeout***

Thursday Nov. 26

6:00 AM Wake Up & Load vans

6:30 AM Breakfast (provided)

7:00 AM Depart for Portland

12:00 PM Arrive HR Starbucks

1:00 PM Arrive PDX Ikea

**Athletes will call parents from Hood River to give a one hour warning*

Rooming, Van and Group List:

Van	Coaching Group	Condo	First Name	Last Name
1 - White Katy	1	1418	Katy	Loewy
1 - White Katy	1	1456	Ada	Conaty

1 - White Katy	1	1456	Annika	Hamm
1 - White Katy	1	1456	Jenna	Nicholson
1 - White Katy	1	1456	Lux	Zarosinski
1 - White Katy	1	1456	Noga	Tal
1 - White Katy	1	1456	Shelby	Willett
1 - White Katy	1	1456	Sophia	McGinnis
1 - White Katy	1	1456	Grace	Skilleren
3 - White AZ	3	1411	Paul	Oelrich
3 - White AZ	3	1411	Zachary	Kean
3 - White AZ	1	1418	Aaron	Zarosinski
3 - White AZ	3	1437	Camille	Lindblade
3 - White AZ	3	1437	Elsa	Hamm
3 - White AZ	3	1437	Kaitlyn	Nicholson
3 - White AZ	3	1437	Maya	Cummings
3 - White AZ	3	1437	Vedavati	Wright
Blk - Brandon	2	1411	Bodei	Barteld
Blk - Brandon	2	1418	Brandon	Green
Blk - Brandon	2	1452	Giuliano	Bianco
Blk - Brandon	2	1452	Henry	Kling
Blk - Brandon	2	1452	Ian	Kenyon
Blk - Brandon	2	1452	Nolan	Rabb
Blk - Brandon	2	1452	Porter	Sullivan
Blk - Brandon	2	1452	Stuart	Goodbody
Blk - Brandon	2	1452	Thomas	Kenyon
Blk - Brandon	2	1452	Wil	Lafleur
Fly	1	1456	Melina	Gounaris
JR Truck	1	1456	Claire	Tansey
JR Truck	3	1411	Cooper	Rust
JR Truck	3	1418	John	Rust
JR Truck	1	1437	Bergen	Rust
Own	2	1418	Geoff	Barrow
Own	2	1452	Abraham	Barrow
Own	2	1452	Jack	Barrow
Own	3	Own	Neena	DeGennaro
Own	3	Own	Perri	DeGennaro
Own	3	Own	Piper	Darling
Own	1	Own	Sophie	Novak

Rooming List:

Each athlete will have their own bed (mix of twin, queen, king beds)

Unit #	Bed 1	Bed 2	Bed 3	Bed 4	Loft
1411	Nolan Rabb	Paul Oellrich / Cooper Rust	Zach Kean		
1418	Katy Loewy	Brandon Green	Geoff Barrow / Aaron Zarosinski	John Rust	
1437	Ada Conaty	Kaitlyn Nicholson / Elsa Hamm	Veda Wright / Maya Cummings / Camille Lindblade		
1452	Stuart Goodbody / Guiliano Bianco	Ian Kenyon/ Thomas Kenyon	Jack Barrow / Abe Barrow	Henry Kling / Porter Sullivan / Will Lafleur / Bodei Barteld	
1456	Bergen Rust	Noga Tal / Shelby Willett	Claire Tansey / Sophia McGinnis / Ani Hamm / Jenna Nicholson	Melina Gounaris	Grace Skilleren / Lux Zarosinski

Technical Progressions and Camp Goals:

"Season in a Day Training" or segmented training days with each training session covering and building on a technical skill base which elevates an athlete's skiing the most.

- Free skiing/focused free skiing 10%
- Drills and skills (Skills Quest and progression challenges) 10%
- Tactical gate sections with helpers 15%
- Gate Training - 65% (30% quickness and reaction time, 20% very turny and 15% race tempo).

The speed/tempo in the gates will be:

- 20% at 50-75% of max speed
- 40% at 75-80% of max speed
- 20% at 90% of max speed
- 15-20% at max speed.

50-75% of the time athletes will be skiing in their speed suits, which can be challenging if it's bitter cold, but coaches will cycle and carry jackets so athletes can hit their targets.

Each day starts with a bell curve. We hit that peak and then taper them off - reinforce fundamentals while maximizing conditioning on the backside of their strength curve. Every athlete will hit that curve at a different time. Stronger ones will get more runs in the higher percentages, but not too many more, just enough more. As the athletes climb that curve our intensity needs to climb and push them. As they hit max, we need to allow them the space to refine fundamentals while they are tired. These 2-3 runs every day are the ones that the body (neuro muscular system) makes its autonomic memories from, but are seldom the video runs. They are the "mastery" runs. We demand discipline during this part of the learning day as it may be the most important. Our intensity is rigored toward their mastery while tired.

SL Progression of Skills through gates - Rhythm, quick rhythm, turny rhythm, rhythm changes (tight and open), Combo techniques - have to make those hand movements automatic (Hairpins and right and left flushes) Courses with Combos, Courses with Rhythm Changes and combos, race simulation. Blocking techniques have to be covered as well as transitioning between different blocking techniques and low and high hand decisions. Length increases from 20 gate sections to 40 gate sections to 60 gates.

There will also be video 1-2 sessions a day. Some on the hill and some while off and sitting in street clothes. Athletes have to see their progress and know if they are performing specific skill sets. (pole plant, blocking techniques, turn shape, pivot-no-pivot, and where they need to increase their technical skills to increase performance)

GS has its own progression, which needs to be weaved into SG and speed. We may also include 30 minutes of GS skiing on our last SL sessions which will be high intensity and short (race paced).

The SG training has to be on turn shape and pressure control as well as progressive speed mastery. We need to build them in, but this should also increase their GS speeds. SG gets the kids on straighter skis and allows us to open up the radius.

Other Important Information:

Cell Phones and electronics

We realize that most athletes have cell phones and rely on them for daily communication. We expect responsibility with use! No cell phones out during on hill training or team meetings. Please only bring electronics needed (i.e. laptop for homework/school). No gaming consoles!

Weather questions:

Conditions at Big Sky, MT can be cold! Expect temperatures in the teens and 20s. Pack and dress accordingly. Layers, gore tex, hand warmers, etc.

Camp Rules:

We keep it simple: Be Respectful, Be Responsible and Be Safe. Athletes need to review the [TEAM HANDBOOK](#) to remind themselves of MRT camp travel and team expectations. You are not allowed in the condo of any other 'pod' unless specified for a team meeting. Our goal is to maintain exposure to just your roommates as much as possible while indoors. Also, we have zero tolerance for bullying or disrespectful behavior toward teammates. We hope to continue to set a new high bar for how positive and thankful our athletes are to Big Sky staff, teammates and coaches.

Transportation & safety:

2 athletes per row, seatbelts and face masks required. Pack snacks/lunch! It's a long drive and we will be limiting stops as much as possible! We will NOT be stopping for a group meal.

Payments:

All Payments are due ASAP and must be paid in full prior to attending this event.

Thanksgiving:

Our goal is to be back by mid-day on the 26th. We value spending holidays with family and want to get kids back in time to have thanksgiving dinner with their families.

Cash:

Please bring money for any small purchases/souvenirs and dinner on the 25th (travel day from Big Sky to Spokane).

Packing List

- MRT Consent to Treat Waiver! (this is super important!)**
- Pack ONE Ski bag with SL/GS skis and poles. One bag with SG skis and ski clothes
ALL SKIS MUST BE IN A SKI BAG (take care of your stuff). SL skis can be scraped and prepped for skiing but GS skis should have travel wax!
- Pack ONE Gear bag with all your ski gear: Boots, suit, outerwear, helmet, goggles, gloves, shin guards, helmets, etc. etc.
- Layering - it can rain and also be -25 (plus only a little sun). Race suits required
- Mouthguards/Helmet Facebar for SL
- Pack ONE small pack for homework/water bottle/snacks for the van/on the hill.
- Small Wax/tuning kit (Tuning glove, Iron, vices, warm and cold weather wax, files, file card or brush, diamond stones, file guides, file clamps, shop towels, rubber bands, brass brush, horsehair brush - put them in a small carrier that you can take to and from the wax trailers)
- Clothes
- Athletic shoes
- Athletic attire
- Water bottle
- Homework
- Journal and [GOAL SETTING SHEET](#) completed

- ❑ Spending money

COVID Guidelines

We will adhere to all guidelines set forth by Big Sky Resort and the state of Montana as well as the OHA and CDC recommendations to the best of our ability. Separate communication will be sent with detailed COVID protocol (by the MRT Covid Taskforce) prior to our departure on the 18th, but here are some high level guidelines:

- **Pre-camp requirements** - We are requesting that all athletes get tested within 1 week prior to departure. There are options for rapid tests as well as 72hr testing. Test results must be provided to the PD. We also request that athletes do their best to self quarantine 14 days prior to departure.
- **14 day Quarantine Period** - We are asking that all athletes/coaches do a soft isolation where they limit their social contacts, be extra careful to always wear masks and wash hands and do their best to prevent a situation where they could contact Covid. We may also require 2x a day temperature check and answering questions that they have not been contacted regarding contact tracing or been around someone who has tested positive in the last 14 days.
- **Transportation / lodging / training pods** - we will be maintaining small groups that will stay consistent between van travel, condo assignments and training groups (for the most part). Contact with others outside your 'pod' will be limited. Any full team meetings will be done either outside or inside w/ masks and social distancing will be enforced.
- **Face coverings** - Masks must be worn in vans and indoors in any public area or when you cannot maintain 6' of distance (excluding your own condo). Buffs or facemasks must be worn in
- **Meals** - No meals will be made in the condos. All meals will be served from the designated dining area provided by Big Sky. No sharing of food or drinks.
- **Big Sky Guidelines** - (Insert here once we get from Liv)
- **In the event that one of the athletes gets sick during camp** - This individual will be isolated in their own room / bathroom and we will inform the parents/guardians. A double negative COVID test will be required before returning to training. Coaches will facilitate testing the athlete at a local facility. Any other athletes in contact with the sick individual will also be tested. Parents/guardians will be required to coordinate picking up their child if they test positive.

We're all super excited to bring all of you athletes on this trip! Keep working hard in school, dryland, and on your goal setting and we will make the most of this camp to jump start our season!

Sincerely,

John, Katy, Brandon, Geoff, and AZ (your Big Sky coaching staff)