



NHARA Camp Review

Project: U14 SL Accuracy Camp

Location: Waterville Valley

Date: Friday, December 13, 2019

Organizer: Fred Turton, NHARA Youth Education Coordinator

Area Connections: Dan Thompson, WVBBTS, Dir. of Operations & Competitions
Jason Guilbert, WVBBTS, Head U14 Coach

On Snow Staff: ATT Matt Dawson
BBTS Jason Guilbert
BW Miki Fera
CRT Nicole Cuerdon
FS Jane LeMasurier
FSC Matt Regan
FSC Steve 'Bucket' Roberts
GSC Brett Marquis
LRT Joe Peznola
LRT Bruce McLaren
NH Fred Turton
PATS Robbie Holland
WILD Derek Pelletier
WILD Jay Prewitt

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

Program Schedule: Very good. On time. The pm session was completed as athlete fatigue became evident. Athletes were available for parent pick up 10 minutes earlier than planned.

Weather: 25-30 deg. Raw. No wind. Snow, then light drizzle for the pm session.
Visibility: Adequate. Low ceiling. Flat light.
Snow: Hard. Minimal granulation. Minimal slipping needed on any station.
Lifts/Slopes: Quick turnaround. Varied terrain. Good visibility for coaching.
White Cap Quad: 1545' (470m vertical)
Bobby's / Sel's Choice / World Cup
Tippecanoe
Oblivion / Valley Run
Valley Run Quad: 680' (208m vertical)
Valley Run
World Cup T-Bar: 100m Vertical
Tommy's World Cup

Protection: Excellent. Prepared for racing. Single layer of B Net Skier's L & R.
Safety: No issues.
Injuries: None.

Equipment / Set up: Am session only used brushes for morning skill work. Plenty of brushes, stubbies and gates ready to go at the base of the T-Bar for the pm. session. Set up was quick and easy for both sessions – 15 minutes to set up 6 afternoon stations. Very good sets. 2 of 5 gate courses were re-set partway through the afternoon session.

Content: See attached 'Coach Content'. Challenging non gate skill targets in the morning. Utilized the White Cap and Valley Run quad lifts, as well as the TBar for morning drills – plan was made to match the skills to appropriate slope gradients. Some of the drills were 'new' to many of the athletes. Their coordination was challenged. Afternoon was 6 stations, with 3 tasks on the upper TBar flat, and 3 more station lanes from coaches knoll down. Athletes roamed freely with their coaches to utilize the stations. All skiers had at least 550 turns in the afternoon.

The coach content was distributed to the incoming staff the afternoon prior, along with a link to videos of some of the drills.

Skill Level Observation: Varied, but overall capable. As mentioned earlier, the challenge was high; often the execution was rudimentary.

Looking Ahead: The youngsters need to be doing more coordination type movement challenges in their training. Outside ski. Inside ski. Inclining. Angulating. Moving foot to foot. Slowing down the speed in ski control drills. Encouraging better foot discipline. No wedging / stemming as a slow speed shaping theme. Yes, in general, the kids are skiing with their feet in front of them, compromising their control. We look to the coaches to be more creative in setting course drills that provide the teaching.

Comments: A very good camp. Thanks to WV and BBTS staff for helping to make it easy. Very well received by athletes, parents and coaches.

Thank you to a very professional staff. On time, prepared, helpful. Truly committed to helping the kids. Everyone worked together very easily. Well done. Thank you! Go NHARA!

Friday, December 13, 2019
NHARA U14 SL Accuracy Camp
Coach Content

9:00 On Snow
11:30 Lunch
12:45 Meet Outside
3:00 Wrap Up – TBar Base

**Watch the Skis closely
No Skidding / No Twisting
Skis are Parallel / No stemming
Please Allow Narrow Stances
Pole Plants please.**

Morning Lifts

Valley Run Quad

Top

1. Linked Pole Plant One Ski Skiing (Both Skis On)

Mid

2. Airplanes

White Cap Quad

Top

3. Telemark Turns

GS Start

4. Norwegians

Sel's Pitch

4. Norwegians

SL Extension

5. Tip Cover Javelins

TBar

Top

6. Hop Turns (15 reps x 2 sets)
w/Pole Plant
7. Edgy Wedgies (15 reps x 2 sets)
w/Pole Plant

Coaches Knoll

8. "Slow as you go" Corridors (Brushes)

Afternoon Lift

TBar

Top (L to R)

- A. Over Round 3m Stubbies (20)
- B. 2m Brush Hops (30)
- C. Edgy Wedgy (Start/Finish)

Coaches Knoll (L to R)

- D. Fred's Drill – Pole Plant Timing 10m (60") 25 Brushes
- E. Hands on Hips 8m (stubbies)
- F. Over Round 11m (60")

MORNING DRILLS

1. Linked Pole Plants on One Ski (Both Skis On)

Free Foot Ski Tip stays on Snow
No Twisting of Foot at edge change
Carved - Big and Little Toe
Free Foot heel low / Next to stance foot
Level shoulders at pole plant
Tip the ski more!

2. Airplanes

Brush the knuckles to the snow before fall line exit

3. Telemark Turns

Hold Inside Foot Back
Use Shin / Hamstring
Little Toe Carving
Finish Turn with Inside Ski Tip Behind Outside Ski Tip

4. Norwegians

Begin new turn with weight on the inside ski
Place the outside ski onto a carving edge at turn apex
Skis Carving?
Shorten the Rhythm (more turns)

5. Tip Cover Javelins

Outside to outside ski turns
Inside ski tip covers the outside ski tip
Hold inside foot pack to cover the ski tips.
Cover the ski tip on edge change, then thru the entire turn.

6. Hop Turns

Hop 45 degrees to Fall line, Lightly off the snow
Controlled speed and distance
Rhythmical w/ Pole Plants
Control from the Feet

7. Edgy-Wedgies

Wedge Hop to Left Foot - Land on a crisp edge
Repeat to the other side
Plant Pole at Landing
Rhythmical
Controlled speed and distance

8. Slow as You Go

Shaped, controlled small radius turns
Stop after each arc w matched skis and pole plant
Begin each Turn with ski tip moving down the hill
No traverse direction to start the turn.
Begin each turn with weight on the uphill (outside) ski

AFTERNOON GATE DRILLS

A. Over Round Stubbies

3m apart
Slow
Parallel Skis
Pole Plant
Rhythmical

B. Brush Hops

See #6 Hop Turns Description

C. Edgy Wedgy

See #7 Edgy Wedgy Description

D. Fred's Drill

Timing Pole Touch at Brush below the Turn
Brush is Set 1st 1/3 Distance to next Gate
Target is Early Pole Plant (Early Weight Transfer)

E. Hands on Hips Stubbies

Hands on Hips, not waist
As edges change, counter balance changes
Active upper body side to side
Turn finish with inside shoulder leading
High hip / Low hip

F. Over Rounds

Encourage the COM to take a shorter line
Tip little toe to encourage body direction inside the pole
Inside shoulder leading at gate contact

Bib	First	Last	G	YOB	Club	Group
21	Jules	Vigneras	M	07	ATT	Robbie / Brett
29	Louis	Harrington	M	07	BBTS	Robbie / Brett
33	Maggie	Higgins	F	07	FS	Robbie / Brett
34	Andrew	McGuire	M	07	FS	Robbie / Brett
40	Emma	LaVallee	F	07	FSC	Robbie / Brett
53	Mason	Cunio	M	07	LRT	Robbie / Brett
58	Libby	Rogers	F	07	WILD	Robbie / Brett
25	Grace	Fisher-Smith	F	06	BBTS	Pez / Bruce
30	Drew	Gannon	M	06	BBTS	Pez / Bruce
32	Grace	Porcaro	F	06	CRAN	Pez / Bruce
35	Sam	Ames	M	07	FS	Pez / Bruce
43	Tucker	Thayer	M	06	FSC	Pez / Bruce
47	Leah	Wareing	F	06	GSC	Pez / Bruce
56	Ethan	Steichen	M	07	PATS	Pez / Bruce
22	Margaree	Hybl	F	06	BBTS	Matt D / Derek
26	Turner	Zapton	M	07	BBTS	Matt D / Derek
37	Annika	Regan	F	06	FSC	Matt D / Derek
41	Troy	Boissonneault	M	07	FSC	Matt D / Derek
44	Charlotte	Lehr	F	06	GSC	Matt D / Derek
48	Lincoln	Nyquist	M	07	GSC	Matt D / Derek
54	Merrick	Chapin	M	06	PATS	Matt D / Derek
19	Finnegan	Haskett	M	07	ATT	Jane / Matt R
20	Ethan	Rathbone	M	06	ATT	Jane / Matt R
23	Kathrine	McKenney	F	06	BBTS	Jane / Matt R
27	Dillo	Radwan	M	07	BBTS	Jane / Matt R
31	Emily	Kitanov	F	06	BW	Jane / Matt R
39	Makenna	Price	F	07	FSC	Jane / Matt R
55	Jacob	Bates	M	06	PATS	Jane / Matt R
57	Kendall	Prewitt	F	07	WILD	Jane / Matt R
16	Lauren	Hughey	F	06	ATT	Gillie / Miki
18	Alex	Roguet	M	06	ATT	Gillie / Miki
38	Aura	Wieser	F	07	FSC	Gillie / Miki
42	Dino	Boissonneault	M	07	FSC	Gillie / Miki
45	Meadow	Brunelli	F	07	GSC	Gillie / Miki
49	Jackson	Tucker	M	07	GSC	Gillie / Miki
52	Cabot	McLaren	M	06	LRT	Gillie / Miki
17	Merritt	Loring	F	07	ATT	Bucket / Jay
24	Katherine	Watts	F	07	BBTS	Bucket / Jay
28	Gunnar	Guilbert	M	07	BBTS	Bucket / Jay
36	Zach	Tracy	M	06	FS	Bucket / Jay
46	Linnea	Nyquist	F	07	GSC	Bucket / Jay
50	Joshua	Haarmann	M	06	GSC	Bucket / Jay
51	Luke	Purnell	M	07	GSC	Bucket / Jay
59	Parker	Burnett	M	06	WILD	Bucket / Jay



Thursday, 12.12.19

Good morning parents,

We are all set and a "Go!" for tomorrow's NHARA U14 SL Camp at WV.

Bring: SL Skis (Race Ready) - SL Poles w/Guards - Shin Guards - Helmet w/Chin Guard - Personal SL Protection Gear. Please be sure all personal ski gear is in good working order: Straps - Buckles - Velcro - Zippers, etc.

We strongly encourage sharp skis for both the am / pm sessions. If you have a 2nd pair of SL skis, bring them. Yes, sharp, sharp skis are necessary. This snow dulls the skis quite quickly.

Schedule:

8:15-8:30 Athlete Check In - 2nd Floor, WV Base Lodge
Find your home program coach
Your coach will have your youngster's ticket and bib

8:30 WV Base Lodge Food and Beverage Opens

8:45 Athlete Meeting - 2nd Floor, WV Base Lodge

9:00 Load Lifts

11:30 Lunch

12:45 2nd Session – Load Lifts

3:00 Meeting – Base of TBar

3:30 Athlete Pick Up

Staff for this project:

ATT Matt Dawson
BBTS Jason Guilbert
BW Miki Fera
FS Jane LeMasurier
FSC Steve Roberts
FSC Jacob Manseau
GSC Brett Marquis
LRT Joe Peznola
LRT Bruce McLaren
NH Fred Turton
PATS Robbie Holland
WILD Derek Pelletier
WILD Jay Prewitt

We have 43 youngsters attending. 6 groups.

Weather looks good. See you bright and shiny tomorrow morning. Should be fun!

GO NHARA!

Thursday, 12.12.19

Good morning Coaches,

We are all set and a "Go!" for tomorrow's NHARA U14 SL Camp at WV. Look forward to having you there; thanks for your support of our NHARA programs.

ATT Matt Dawson
BBTS Jason Guilbert
BW Miki Fera
FS Jane LeMasurier
FSC Steve Roberts
FSC Jacob Manseau
GSC Brett Marquis
LRT Joe Peznola
LRT Bruce McLaren
NH Fred Turton
PATS Robbie Holland
WILD Derek Pelletier
WILD Jay Prewitt

We have 43 youngsters attending. 6 groups. The coaches will be paired. 2 coaches per group. 7 athletes per group. Every effort was made to minimize having athletes from your home program in your group. Each group will have both boys and girls.

Weather looks good.

The athletes have been asked to bring: SL Skis (Race Ready) - SL Poles w/Guards - Shin Guards - Helmet w/Chin Guard - Personal SL Protection Gear. And, to be sure all personal ski gear is in good working order: Straps - Buckles - Velcro - Zippers, etc.

The snow is grippy, with sharp edges, but very slippery without. We strongly encourage sharp skis for both the am / pm sessions. I've asked that if an athlete has a 2nd pair of SL skis, bring them. I **strongly** recommend each of you to bring a bevel guide, file and stone. Put a little hum on your home team athlete's skis at lunch to insure sharp skis for the afternoon session. Just sayin'...

Bring a radio sling and a drill. Bring your ski poles. You will need them for the a.m. session.

If you're in touch with your athletes, remind them to brush up on their manners. Let's also make it a sugar free day for the kids.

Schedule:

8:15 Coach Registration - 2nd Floor, WV Base Lodge
8:15-8:30 Athlete Check In with Home Coach
8:30 Food and Beverage Opens
8:35 Coach Meeting - Inside
8:45 Athlete Meeting - Inside
9:00 Load Lifts
11:30 Lunch
12:45 Load Lifts
3:00 Meeting for All – Base of TBar
3:30 Athlete Pick Up

Registration Procedure:

The home team coach (YOU) will pick up:

Coach Ticket

Coach Radio

Rosters / Group Lists / Syllabus

Athlete Ticket(s)

Athlete Bib(s)

YOU will then distribute to your home team athletes as they arrive.

At the end of the day, it is a reverse process. Each of your home team's athletes will give you their bib. A coach for a team of 3 athletes would then return 3 bibs and 1 radio.

Be patient when we get off the hill at the end of the day. Fred will need to get his lists out and get set up for coach/bib/radio return.

Thanks for being on time.

This is a good group of skiers. The intent is to raise the level. Please challenge their execution.

See you bright and shiny tomorrow morning. Should be fun!

GO NHARA!



INVITATION

U14 SL Accuracy Camp
Waterville Valley Resort
Friday, December 13, 2019

Selections: Athletes Born 2006 and 2007 that finished within 5% of the age leader time at selected performance events from the 2019 NHARA and Eastern schedules. Run(s) and/or Race(s) were considered. Each athlete selected had 5% results in two or more disciplines.

Abishai	Corey	F	06	LRT
Grace	Fisher-Smith	F	06	BBTS
Lauren	Hughey	F	06	ATT
Margaree	Hybl	F	06	BBTS
Chanah	Katz	F	06	WILD
Emily	Kitanov	F	06	BW
Charlotte	Lehr	F	06	GSC
Kathrine	McKenney	F	06	BBTS
Grace	Porcaro	F	06	CRAN
Annika	Regan	F	06	FSC
Leah	Wareing	F	06	GSC
Meadow	Brunelli	F	07	GSC
Maggie	Higgins	F	07	FS
Emma	LaVallee	F	07	FSC
Merritt	Loring	F	07	ATT
Linnea	Nyquist	F	07	GSC
Kendall	Prewitt	F	07	WILD
Makenna	Price	F	07	FSC
Libby	Rogers	F	07	WILD
Katherine	Watts	F	07	BBTS
Aura-Liesl	Wieser	F	07	FSC

We
look

Jacob	Bates	M	06	PATS
Parker	Burnett	M	06	WILD
Merrick	Chapin	M	06	PATS
Schuyler	Clapp	M	06	FS
Charlie	Crowley	M	06	FSC
Drew	Gannon	M	06	BBTS
Joshua	Haarmann	M	06	GSC
Cabot	McLaren	M	06	LRT
Ethan	Rathbone	M	06	ATT
Nicholas	Reiss	M	06	FS
Alex	Roguet	M	06	ATT
Tucker	Thayer	M	06	FSC
Zachary	Tracy	M	06	FS
Christo	Velikin	M	06	LRT
Ryan	Wolff	M	06	LRT
Sam	Ames	M	07	FS
Dino	Boissonneault	M	07	FSC
Troy	Boissonneault	M	07	FSC
Mason	Cunio	M	07	LRT
Gunnar	Guilbert	M	07	BBTS
Louis	Harrington	M	07	BBTS
Finnegan	Haskett	M	07	ATT
Andrew	McGuire	M	07	FS
Lincoln	Nyquist	M	07	GSC
Luke	Purnell	M	07	GSC
Dillo	Radwan	M	07	BBTS
Ethan	Steichen	M	07	PATS
Jackson	Tucker	M	07	GSC
Jules	Vigneras	M	07	ATT
Turner	Zapton	M	07	BBTS

forward to your participation!

Invited athletes will be challenged in technical and tactical drills and tasks, in and outside of gates, stubbies and brushes. We will keep the athletes moving.

Camp Leader: Fred Turton, NHARA
Youth Education Coordinator, US Ski & Snowboard L500 Coach
WV Connection Coach: Jason Guilbert, WVBBTS, Jr. Alpine Program Director
Other: **Each Team who has a racer selected will be required to send a coach.**

Camp Fee: \$55.00

To Register and Pay: Go to: www.skireg.com/u14-sl-accuracy-camp If necessary, create an account.

Registration Opens: Friday, November 22.

Registration Deadline: Wednesday, December 4.

Bring: SL Skis (Race Ready) - SL Poles w/Guards - Shin Guards - Helmet w/Chin Guard - Personal SL Protection Gear
Please be sure all personal ski gear is in good working order: Straps - Buckles - Velcro - Zippers, etc.

Thank you for making sure your equipment meets US Ski & Snowboard regulations.

Backpack w/ Water Bottle and additional clothing layers.

Food is not included in the fee.

Schedule:

8:00 am	Coach Check In - 2 nd Floor, WV Base Lodge Receive ticket, radio, syllabus, home team tickets, home team bibs
8:15-8:30	Athlete Check In - 2 nd Floor, WV Base Lodge Find your home program coach Your coach will have your youngster's ticket and bib
8:30	WV Base Lodge Food and Beverage Opens
8:35	Coaches Meeting - 2 nd Floor, WV Base Lodge
8:45	Athlete Meeting - 2 nd Floor, WV Base Lodge
9:00	1 st Session - Load Lifts
11:30	Lunch
12:45	2 nd Session – Load Lifts
3:00	Meeting
3:15	Athlete Pick Up

To be eligible for selection, each athlete must be a current (2019- 20) member of US Ski & Snowboard as a U14 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 fully participate 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 that it is a NHARA policy to require pre-payment of registration fees. All participating athletes are required to submit their payment prior to the registration deadlines or services will not be rendered.

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

GO NHARA!

