



NHARA Camp Review

Project: U14 SL Control Camp
Location: Waterville Valley
Date: Friday, December 20, 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	Steve Pelligrini
	BBTS	Tyler Zapton
	CMCC	Chris Flecchia
	FS	Jane LeMasurier
	FSC	Jake Manseau
	FSC	Matt Regan
	GSC	Josh Bedard
	LRT	Aaron Loukes
	NH	Fred Turton
	PATS	Jessa Fahey
	PATS	Robbie Holland
	RMS	Greg Heath
	WILD	Tom Flavin

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

Program Schedule: This camp was originally scheduled to be held at Proctor. A meltdown the previous weekend dictated a move from Proctor to Waterville Valley. The snow at Proctor was in good shape; unfortunately the protection systems (B Nets) for this camp would not be prepared in time. Waterville Valley was very accommodating. Schedule was very good. On time. The pm session was completed ½ hour early as athlete attention, energy level and execution waned. As well, a fall off in coach engagement was evident too.

Weather: 15-20 deg. Clear. Pleasant.
Visibility: Excellent am. Very dark snow in the pm – contrast of bright sun and shadow was extreme.
Snow: Firm. Minimal granulation. Chopped ruts due to varied skill level.
Lifts/Slopes: Quick turnaround. Varied terrain. Good visibility for coaching.
White Cap Quad: 1545' (470m vertical)
Valley Run Quad: 680' (208m vertical)
World Cup T-Bar: 330' (100m vertical)

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

Equipment / Set up: A.m. session only used brushes for 2 vertical corridors on the TBar. 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'. The coach content was distributed to the incoming staff the afternoon prior, along with a link to videos of many of the drills. Relatively easy non gate skill targets in the morning. Some of the drills were 'new' to many of the coaches, hence with the athletes too. Planned to utilize Valley Run quad lift and TBar, with many groups instead venturing onto White Cap quad for morning drills. Providing terrain targets (selected slopes) was done to optimize learning. Coaches who ventured and used slope gradients not suggested probably struggled with getting the kids to accomplish the tasks. A morning surprise was one coach group not utilizing the camp content outline and choosing their own drills. Disappointingly, very evident they were not on task when observing their athletes.. Afternoon was 7 stations, with 3 tasks on the upper TBar flat, and 4 more station lanes from coaches knoll down. Athletes roamed freely to utilize the stations, with coaches often stationary, controlling an individual station. All skiers had at least 600 turns in the afternoon.

Skill Level Observation: A handful of accomplished skiers. Most participants have clearly not been challenged to execute appropriate levels of drill work. Most tasks were very new to the athletes, and to the coaches as well. Throughout our state, the expectation level of the coaches when asking the athletes to perform tasks should be targeted to a high performance level.

Looking Ahead: The youngsters need to be challenged to do more coordination type movement demands in their training. Outside ski. Inside ski. Inclining. Angulating. Moving foot to foot. Slowing down the speed with ski control drills. Encouraging better edging discipline. Stronger feet engagement inside their ski boots. No wedging / stemming as a slow speed shaping theme. And, the kids are skiing with their feet in front of them, (no tip pressure) compromising any chance to be in control. Linking, with rhythm, was lacking in the entire group. Lots of 'brushy' type turns, with minimal carving. Encourage more athletic engagement with the children by the coaches; with a fuller sense of urgency, speed and crispness of movement. In general execution of tasks should lean much more towards playfulness and upbeat. Please, this is RACE training! We look to the coaches to be more creative in setting course drills that provide the teaching.

Comments: Very worthwhile. Thanks to WV and BBTS staff for helping to make it easy.

We are very fortunate to be able to bring a group like this together. The entire staff was fun to work with and very helpful with registration, setup and tear down. We are really working together among all the programs in NHARA. It's a good vibe. Thank you.

FT/12.30.19



NHARA U12 SL Control Camp
December 20, 2019
Waterville Valley

Watch the Skis

- Narrow stances please. Maintain same stance width at all times.
- NO Pushing away the Ski(s) to engage the edges.
- NO Twisting the feet at edge change.
- NO Stemming the Tails – Turn entry or exit.
- NO Flat skis to turn – Edging Please!
- NO Vertical Shins.

Lifts:

Valley Run Quad
World Cup TBar

Morning:

Valley Run

Unbuckle top boot buckles to get Knees over Toe Pieces

Engage the shin muscles (Tibialis Anterior) to keep ankles cocked
Keep feet under the body – make a fist with your shin muscles
Legs should look 'shorter' because of cocked ankles

One ski Skiing w/ both Skis on

Free foot ski tip stays on the snow
Free foot boot is controlled and held in near the stance foot.
Carve thru edge change – no twisting or skidding
Encourage linked, rhythmical pole touches
Change feet when tired

Tip Little Toe Turns

Parallel Skis – No Diverging. Both skis on snow.
Ankles cocked, knees stay closed
Start new turn by tipping little toe
Carving on little toe edge – no skidding
Tip it more – Work to touch the inside boot buckles to snow at turn entry
No focus on Outside Ski

TBar (3m wide corridors – skiers left at coaches knoll)

Pole Touch Follow Thru

Inside Shoulder Lead with "Touch / Release" Timing
Re-center hand / follow thru after each touch
Inside Shoulder Lead at "Touch / Release" Timing

Telemark Turns

Pull the inside ski tip behind the outside ski tip
Use the Shin muscle (Tibialis Anterior) and Hamstring – not the hip.
Target pull back at turn initiation or at turn completion or the entire arc.
Allow the Outside foot to come forward.
No wedging
Finish turn w/Inside shoulder lead

**Afternoon:
TBar**

- Left Top **Vertical Flush Hops - Brushes / 1m / 20**
w/ pole plant
Matched, parallel skis – maintain stance width
Active tension in arms, core, shins, feet
Tempo / Linked.
- Middle Top **Slow as you Go - Stubbies / 3m / 20**
W/ pole touch
Matched, parallel skis – maintain stance width
No wedge
Create a rhythm
- Right Top **Whirlybirds**
4 Linked Spins Left, then Right
Parallel skis – maintain stance width
No stepping
- Left Lower **Fred's Drill - 60"poles / 10m / 20**
Even tempo
Pole touch at or before brush
Brush is set at first 1/3 distance to next gate
"Touch, Release"
Baskets close to the snow on the clear
- Mid Lower **Hands on Hips - Stubbies / 9m / 20**
Hands on Hips
Inside foot managed
Matched, parallel skis – No wedging
Inside shoulder lead
Inside hip high / Outside hip low at shin contact
Pop-Pop-Pop
- Right Lower **Matched Skis Side Slips – 1.5m wide brush corridor**
Release both edges
Crisp edge sets with both edges
Skis stay parallel – released, slipping, engaging
No pushing – maintain stance width
Skis stay perpendicular to the fall line
Pick up one ski for more challenge
- Rt Bottom **Low Baskets**
60" poles / 6-7m / 20
Clear with pole baskets as low to the snow as possible
Elbows down

Bib	First	Last	G	YOB	Team	Group
12	Liam	Cummings	M	08	ATT	Jake / Chris
17	Ivan	Luptac	M	08	BBTS	Jake / Chris
24	Ben	Ames	M	08	FS	Jake / Chris
30	Teagan	Peabody	F	08	GSC	Jake / Chris
39	Caitlin	Cunningham	F	08	WILD	Jake / Chris
11	Beckett	Rathbone	M	08	ATT	Jane / Greg
18	Taylor	Osterlind	F	08	BBTS	Jane / Greg
26	Asa	Toms	M	08	FSC	Jane / Greg
31	Hadassah	Corey	F	08	LRT	Jane / Greg
34	Addyson	Rossi	F	08	PATS	Jane / Greg
22	Abraham	Musty	M	08	FS	Josh / Steve
27	Caedon	Manseau	M	08	FSC	Josh / Steve
33	Jacob	Tracy	M	08	MCI	Josh / Steve
35	Arianna	Hughes	F	08	PATS	Josh / Steve
38	Stella	Snyder	F	08	SUN	Josh / Steve
41	Jackson	Bartick	M	08	WILD	Josh / Steve
13	Luke	Plachowicz	M	08	ATT	Matt R / Jessa
15	Cooper	Zapton	M	08	BBTS	Matt R / Jessa
21	Rocco	Lazzaro	M	08	CMCC	Matt R / Jessa
36	Anne	Pearce	F	08	RMS	Matt R / Jessa
40	Emily	Chandler	F	08	WILD	Matt R / Jessa
16	Georga	Fisher-Smith	F	08	BBTS	Robbie / Aaron
19	Caiyu	Demaggio	M	08	BW	Robbie / Aaron
20	Jacob	Oliviero	M	08	CMCC	Robbie / Aaron
23	Allie	Vogelien	F	08	FS	Robbie / Aaron
28	Tucker	Barnaby	M	08	FSC	Robbie / Aaron
14	Mackenzie	Hughey	F	08	ATT	Tyler / Tom
25	Alexa	Boden	F	08	FSC	Tyler / Tom
29	Beckett	Lehr	M	08	GSC	Tyler / Tom
32	Luca	Bene	M	08	LRT	Tyler / Tom
37	Griffin	Vail	M	08	SUN	Tyler / Tom



Tuesday, Dec 17, 2019'

12.20 NHARA U12 SL Camp moved from Proctor to Waterville Valley

Good Morning Campers, Parents, Coaches and Directors,

The NHARA U12 SL Control Camp has been moved From Proctor to Waterville Valley.

Specifics will be forwarded to you prior to Friday; nothing needs to be done on your end.

Here is the general schedule:

8:15-8:30 Athlete Check In

8:30 WV Base Lodge Food and Beverage Opens

8:45 Athlete Meeting

9:00 Load Lifts

11:30 Lunch

12:45 Load Lifts

3:00 Meeting – Base of TBar

3:30 Athlete Pick Up

We'll look forward to seeing you at Waterville!

In the meantime, be sure skis are sharp.

Go NHARA!

Fri, Dec 19, 2019

Good morning campers!

All is a go for tomorrow's NHARA U12 SL camp at Waterville Valley.

Here's the schedule once again:

8:15-8:30 Athlete Check In (WV Base Lodge slope level)

8:30 WV Base Lodge Food and Beverage Opens

8:45 Athlete Meeting (In registration area)

9:00 Load Lifts

11:30 Lunch

12:45 Load Lifts

3:00 Athlete Meeting – Base of TBar

3:30 Athlete Departure

There is no registration for youngsters who have a home team coach participating. Find your home team coach and they will have your ticket and bib.

ATT Steve Pelligrini

BBTS Tyler Zapton

CMCC Chris Flecchia

FS Jane LeMasurier

FSC Jake Manseau

FSC Matt Regan

GSC Josh Bedard

LRT Aaron Loukes

PATS Jessa Fahey

PATS Robbie Holland

RMS Greg Heath

SUN Drew Drummond

WILD Tom Flavin

Participating athletes who do not have a home team coach listed above will pick up their ticket and bib at the check in table. We'd appreciate that these athletes pick up their ticket and bib without needing a parent.

All athletes will wear their bib on the outside of their clothing for both ski sessions.

Shin guards will not be needed in the morning. Full guards for the afternoon session.

Sharp, sharp skis are necessary. Re-honing edges at lunch time would not be discouraged. The snow is very hard.

The temperatures look to be normal for early winter; Anticipate below zero wind chills in the morning, with temperatures moving into the mid to high teens in the afternoon.

We strongly recommend your youngster to wait to put on their fresh, clean ski socks until they put on their boots just prior to skiing. A fresh pair of dry socks for the afternoon session can be very helpful too to keep the feet warmer.

Helmets, parkas and gloves may go on after the athlete meeting.

Thanks for keeping the sugar out of their snacks and lunch tomorrow. We can be much more productive with you children if the candy, soda and sweets are minimized. Please no gum chewing while skiing.

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

May the kids sleep well tonight. We're confident they will tomorrow night.

Thanks for joining us.

Go NHARA!

Thu, 12.19.19

Hi Coaches,

Attached are our teaching targets for tomorrow. A printed copy will be given to you, with group lists, at coaches registration in the morning.

[Here's a link](#) to videos, etc to give you a clearer picture of the targets.

Please plan to keep the athletes moving. One right after the other. 31 kids, 12 coaches, 6 groups. Each group will have girls and boys. No coaches will have their home team athletes in their group.

Schedule:

8:15-8:25 Coach Check In (WV Base Lodge slope level)

8:30 WV Base Lodge Food and Beverage Opens

8:35 Coach Meeting (In registration area)

8:45 Athlete Meeting (In registration area)

9:00 Load Lifts

11:30 Lunch

12:45 Load Lifts

3:00 Meeting for All – Base of TBar lift

3:30 Athlete Departure

Coach 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 and ticket. A coach for a team of 2 athletes would then return 2 bibs, 2 athlete tickets, 1 coach ticket and 1 radio. You will be responsible for any lost Bibs, Radios or Tickets.

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/ticket/radio return. Please do not leave radios, bibs or tickets laying on the table after we get off the hill, expecting me to clean up after you. Yes, we all want to

get done and on the road; Just wait a couple minutes for you to deal directly with Fred to turn in your tickets, bibs and radios. Gee, maybe even help sort the bibs? Fantastic!

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

The snow is grippy, with sharp edges, but very slippery without. We strongly encourage sharp skis for both the am / pm sessions. I **suggest** you 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'...

Dress for brisk air.

If you're in touch with your athletes, remind them to brush up on their manners.

You saw we've asked the parents to help make it a sugar free day for the kids.

Thanks for being on time.

I suspect we'll see varied skill and ability. The intent is to raise the level. Please challenge the best skiers in your group. We are not 'dumbing it down'.

See you bright and shiny tomorrow morning. Let's have a blast and put 'em to bed tired!

GO NHARA!



INVITATION

U12 Slalom Control Camp
Friday, December 20, 2019

Proctor Ski Area
60 Black Water Lane, Andover, NH

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
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 challenged with technical and tactical drills and tasks, in and outside of gates, stubbies and brushes. We will keep the athletes moving. We encourage your participation.

Camp Leader: Fred Turton, NHARA Youth Education Coordinator, US Ski & Snowboard L500 Coach
Proctor Connection: David Salathe, Proctor Academy, Alpine Skiing Program Director
Other: **Each Team who has a racer selected will be strongly encouraged to send a coach.**

Registration Fee: \$50.00

To Register, go to: <http://www.skireg.com/u12-sl-control-camp>

If necessary, please create an account with SkiReg.

Registration Opens Wednesday, November 27.

The registration portal will be closed after Wednesday, December 11.

Bring: SL Skis - Race Ready - Sharp!

SL Poles w/Guards - Shin Guards - Helmet w/Chin Guard - Personal SL Protection Gear

Backpack w/ Water Bottle and additional clothing layers.

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.
Food is not included in the fee.

Schedule:

7:30 am	Proctor Base Lodge Opens**
7:45	Coach Check In – Proctor Base Lodge Pick up radio, syllabus, home team bibs
8:00	Athlete Check In - Proctor Base Lodge Find your Home Program Coach Your coach will have their Bib (ticket) for them
8:10	Coaches Meeting
8:25	Athlete Meeting
8:30	1 st Session - Load Lifts
11:00	Lunch (not included in the registration fee)
11:45	2 nd Session – Load Lifts
2:00 pm	Wrap Up
2:15	Athlete Pick Up

**Food Services will only be available at lunch.

To be eligible to participate in 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, agility, 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 and sign any applicable event waivers prior to participation or services will not be rendered.

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

