

IMD U14 Spring Project  
April 6-8, 2018  
Grand Targhee, WY



March 14, 2018

Greetings Intermountain Athletes!

By receiving this invitation you are invited to the 5<sup>th</sup> annual youth development project. Intermountain development projects are included in the USSA pipeline leading to the Western Region, National Training Group, and the US Ski Team! You have self-selected into this system through your results and efforts over the past season.

Projects are offered in a progression of experiences over the duration of your junior racing career. This project introduces the athletes to the Intermountain/Western Region Development process with important instruction in skill development at the U14 level and continues through to race preparation for years to come.

The project is designed to focus on bringing the best IMD athletes and IMD coaches together to enhance their skill development and build friendships with fellow IMD athletes. We are excited to offer this opportunity to the top 15 athletes born in 2005 and top 5 born in 2006 per gender. Giving us a total of 40 outstanding IMD athletes.

We are excited to host this project at Grand Targhee April 6-8, 2018.

Please contact your direct coach and confirm your attendance by Friday March 23rd. We appreciate your efforts in providing a quick response as we need to confirm our final numbers for our lodging and meal plans.

Best regards,

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**Project Dates & Schedule:**

**Thursday April 5<sup>th</sup>**

**Friday April 6<sup>th</sup>**

**Saturday April 7<sup>th</sup>**

**Sunday April 8<sup>h</sup>**

**Arrival to Hotel**

**Group Freeskiing**

**Skillsquest Drills and SL Kombi**

**Dual GS**

**Goal**

The purpose of this camp is to create a fun environment where top-level athletes can unite. Providing an opportunity to push each other to new levels as they execute a variety of challenges and tasks.

Athletes will be assigned to a group, where they will develop strong team skills and connections with fellow IMD athletes.

**Staff**

Project Leader: Troy Price

Each IMD program that attends will have a coach representative.

**Project Cost;**

\$595.00 – Payable to IMD

Project Cost includes: lift tickets, lane space fee, lodging, 3 meals a day, coaching fees, team activities, and a small gift.

Local athletes may elect to provide their own lodging and/or lift tickets. If so, please note this on your registration and deduct \$140 for Lodging and/or \$75 for Lift Tickets.

**Travel**

All athletes are responsible for covering their travel plans to and from Grand Targhee with their local program. Plan to arrive no later than 5pm on Thursday April 5<sup>th</sup>.

**Lodging**

We have confirmed lodging for all. We will be staying at : Grand Targhee Resort – Teewinot Lodge

Lodging is optional, so we need confirmation by March 23rd. If you elect to provide your own lodging you can deduct \$140 from the camp fee. Athletes who choose to stay at home will need to arrive at the Hotel each morning at 8:30am and be picked up at 8:30pm.

**Invitation**

YOB ranking based invitation:

- The YOB 2005 is based from the IMD U14 qualification series boards. We will accept the Top **15 men** and Top **15 women** who confirm by the deadline; therefore we are happy to extend an invite to alternates as needed. We want to ensure we are providing this remarkable experience for the full quota size of 15 men and 15 women.
- The YOB 2006 is based from their performance at IMD Champs. Athletes will receive World Cup points in the GS and SL events. We will use the Top 30 scale with 100-1 point values. All non-IMD club and non-YOB 2006 athletes will be purged prior to assigning world cup points. Selection will be based on the combined WC point total from GS and SL only. Ties will be broken by best overall finish, then their 2<sup>nd</sup> best finish, then by their seasonal rankings on their given U12 selection board if needed until the tie is broken.

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**Intent due by Friday March 23rd.** Registration forms and payment are **Due April 1st , 2018.**

**Coaches -**

**Please confirm your athletes' intent ASAP, so we can notify any alternates, which are excited to join this opportunity.**

Racers:

You must be healthy, free of injuries and able to participate fully in all aspects of the on-snow and conditioning training program. This will include free skiing, gate training, running, jumping, agilities, and games.

Please make sure your equipment meets the USSA regulations.

**Checklist (partial):**

- GS, SL, and Free Skis
- Helmet, Boots
- Training Suit/Gear
- Full Outerwear including rain gear & real cold gear
- Running Shoes, gym shoes and workout gear for conditioning
- 2 Water bottles - mandatory
- Back pack
- Work ethic and a positive attitude

**Please note** that it is a **Divisional Project, with a policy to require pre-payment of fees.** All participating athletes are required to submit their payment prior to participation or services will not be rendered. This includes, lift tickets, lodging, or participation in the first team meeting.

**Each athlete must complete these items online at [www.imdalphine.org](http://www.imdalphine.org)**

- Registration Form for each athlete
- Payment to IMD in the amount of \$595.00
- IMD Team Agreement
- Grand Targhee Resort Release (print and sign)
- TVSEF Release Form (print and sign)

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**IMD Youth Development Project - 2018**

Schedule of Events

**Thursday – April 5**

4:00-5:30PM	Check-in at Teewinot – Conference Room
5:30PM	Coaches Meeting in Conference Room
6:00PM	Orientation Meeting
6:30PM	Dinner
7:30PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

**Friday – April 6**

7:30AM	Wake-up
8:00AM	Breakfast at Lodge
8:45AM	Meet with assigned groups
9:00-3:00PM	Freeski Day – Bumps/Big Mtn Skiing
11:30AM	Lunch at ski resort
4:00-6:00PM	Team Activity
6:30PM	Dinner
7:30PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

**Saturday – April 7**

7:30AM	Wake-up
8:00AM	Breakfast at Lodge
8:45AM	Meet with assigned groups
9:00-11:30AM	SL Kombi (Timed)
11:30AM	Lunch at ski resort
12:00-3:00PM	Skillsquest – Phase 2 and 3 drills
4:00-6:00PM	Team Activity
6:30PM	Dinner
7:30PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

**Sunday – April 8**

7:30AM	Wake-up
8:00AM	Breakfast at Lodge
8:45AM	Meet with assigned groups
9:00-2:00PM	GS Duals
11:30AM	Lunch at ski resort
2:30PM	Team Meeting
3:00PM	Depart for home

## On-Snow Details

### Day 1

In groups of 8-9 athletes, 2 coaches

Main Focus: All Mtn Skiing - Mileage

Area:

Lunch at 11:30 at the main lodge

9:00 – 11:30 Directed freeskiing

12:00 – 3:00 scoring of a bump contest and freeski comp (mixed groups)

We will score 2 items: (Scoring 1.0-10.0)

Bump Skiing Comp

- Use of terrain
- Balance
- Pole Plants
- Turn Shape

Off Piste Freeski Comp

- Use of terrain
- Balance
- Pole Plants
- Turn Shape

### Day 2

Same groups

Main Focus: SL Kombi and Skillsquest

SL Kombi – 9:00 – 11:30

- We will use a variety of gate types (stubby and 60" and paneled) to challenge the athletes to adapt. We may even set-up a couple obstacles or stations (pole jumpers and/or whirly birds may be used).
- Gate Distances will range from 6-12 Meters.
- This will be in a 2 run format and will be TIMED.
- We will use TRS first run (regardless of gender) and reverse it for second run.
- Schedule:
  - Course Setter/Crew load at 8:00
  - Athletes load the chair at 9:00
  - Inspection 9:15-9:45
  - Run 1 at 10:00
  - 10:45 quick course redress/maintenance
  - Run 2 at 11:00
- Results by best-combined time.

Skillsquest – 12:00 – 3:00

- We will have 4 stations.
- We will calculate the average score from all 4 stations.
- Scoring 1.0-10.0

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- Pressure – Straight run in wave track
- Edging – Outside ski turns
- Rotary – Sideslip to straight run to sideslip
- Balance – Freeski hourglass

**Day 3**

Same Groups

Main Focus: Dual GS with 1-2 small jumps

Course set at 16-18 Meters

Standard Dual – Red Course – Blue Course

- Every athlete will have 2 runs (one on each course) as a Qualifier round.
- First run will have odd bib numbers on red and even bib numbers on blue,
- 2<sup>nd</sup> run reversed
- Best-combined time will generate a result.
- We will host a 2 run elimination round starting at a round of 32 (regardless of gender).
- Athletes will advance based on their combined time within their assigned bracket.
- We will move into single elimination rounds at the round of 8 to speed up the process.
- We will have a “Bronze Battle” (the 2 losers of the semi-finals) to determine 3<sup>rd</sup> place and 4<sup>th</sup> place.
- Athletes need to go directly to the chair to maintain the flow of this event.
- Schedule:
  - 8:00 Course Setter/Crew load chair
  - 9:00 Athletes load chair
  - 9:15-9:45 Inspection
  - 10:00 Start of Qualifier
  - 12:00 Start of Brackets – (15-20 minutes per round)
  - 2:30 Awards