



January 6, 2020

Greetings Intermountain U14 Athletes!

We are excited to offer a speed-training project for the IMD U14 athletes. The target group is the first year U14, Year of Birth 2007. This type of project has been valuable for older athletes for several years and it is now time to offer such an opportunity to younger athletes. The main goal is to introduce athletes to the elements associated with skiing in speed events, building your confidence, and developing your skill set to ensure your enjoyment and to improve your performance.

Divisional/Regional Projects are offered in a progression of experiences over the duration of your junior racing career. This project introduces the athletes to the Intermountain Division/ Western Region Development process with important instruction on skill development at the U14 level and continues through your ski-racing journey.

This project is designed to focus on bringing the IMD U14 athletes and coaching staff together to enhance their skill development, and to expand their network of fellow ski racers.

We are excited to host this project at Soldier Mountain on Jan 25-26, 2020.

Please contact your direct coach prior to registration. A pre-requisite would be for the athlete to have competed in the IMD Champs last season, or similar event if new to the IMD. We have shared a ranking list of athletes whom attend the IMD Champs last season to assist clubs with their selections.

Registration opens Wednesday Jan 8th at 10:00AM MST. Please www.imdalpine.org for more details. Entry Deadline is Jan 15th at 5:00PM MST.

Best regards,

Carma Burnett
IMD Director
carma@imdalpine.org
208-412-8565

Troy Price
IMD Development Committee Chairman
troyprice@rowmark.org
801-726-8927

Intermountain U14 Speed Project January 24-26, 2020

Project Dates & Schedule:

Friday Jan 24th

Saturday Jan 25th

Sunday Jan 26th

**Travel Day - Arrival to Intermountain Christian Camp
Stations to introduce terrain, jumping progression
Sections at speed, with terrain.**

Site

Skiing: Soldier Mountain, ID

Lodging: Intermountain Christian Camp www.iccfairfield.com

Goal

The main goal is to introduce athletes to the elements associated with skiing in speed events, building their confidence and skill set to ensure their enjoyment and performance. 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

Guest Coaches: Keely Kelleher and Kristian Guay

Each IMD program that attends will have a coach representative.

Project Cost;

\$350.00 – Payable to IMD

Project Cost includes, lifts, lane space, training, housing, 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 \$80 for Lodging and/or \$40 for Lift Tickets.

Transportation is not provided. Contact your coach to determine transportation plans.

Travel

All athletes are responsible for covering their travel plans to and from with their local program (please note Utah based programs will work together to provide transportation for all athletes). Plan to arrive no later than 6pm on Friday Jan 24th.

Lodging

We have confirmed lodging for all athletes and staff. This project has very little parent attendance, however If you choose to attend you will need to provide your own accommodations.

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 US Ski and Snowboard regulations.

Checklist (partial):

- SG skis (GS skis are fine) and Freeskis
- 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
- Training Log, notebook and pen/pencil - mandatory
- Work ethic and a positive attitude

Miscellaneous:

If you have any questions regarding the project or any of this information, please feel free to contact the Project Leader, Troy Price 801-726-8927 troyprice@rowmark.org

Intermountain U14 Speed Project

Limited Quota: This project is limited to 30 per gender. We have filled this project each year, be sure to reserve your spot by completing the online registration and submitting payment on the IMD site at www.imdalpine.org
Priority will be given to athletes based on last year's IMD championship results.

Payment and forms:

Please read over all of the enclosed information carefully, complete registration form online and submit payment by **Jan 15^h at 5:00 PM MST.**

Refund Policy:

We are happy to provide a 50% refund for any athletes whom has registered yet could not attend. It is critical to our planning to have full commitment ensuring we have adequate lodging, lift tickets, meal plan, coaching staff, meeting rooms, group sizing, etc... Thanks for your commitment to IMD Projects!

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.

Checklist of paperwork to send to your coach:

- Registration Form including payment of \$350; payable online at www.imdalpine.org
- IMD Team Agreement (available on IMD website) online form

Any questions or concerns:

Troy Price
801-726-8927
troyprice@rowmark.org

Schedule of events:

Friday

4:00-6:00PM	Check-in at ICC
6:00PM	Staff Meeting
6:30PM	Dinner
7:30PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

Saturday

7:30AM	Wake-up
8:00AM	Breakfast at Lodge
8:30AM	Non-Lodging athletes arrive
8:45AM	Meet coaches
9:00-3:00PM	Speed Element training, terrain skills
3:30-4:30PM	Team Activity
5:00-6:30PM	Girls Meeting – Boys Study Hall
6:30PM	Dinner
7:00-8:30PM	Boys Meeting – Girls Study Hall
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

Sunday

7:30AM	Wake-up
8:00AM	Breakfast at Lodge
8:30AM	Non-Lodging athletes arrive
8:45AM	Meet coaches
9:00-2:00PM	Section training with terrain
2:15PM	Team Meeting
3:00PM	Depart for home