



Soldier Mountain IMD U14 Speed Project
January 31st- February 2nd, 2022

Disciplines: SG, Speed Elements

Eligible Athletes: First Year U14 (YOB 2009). YOB 2008 are not allowed.

Camp Fees: \$380, Includes Lift Tickets, Venue Build, Closure of the Ski Area and Camp T-shirt

Intent Deadline: January 5th, 2022

- Soldier Mt will require a 40 athlete minimum and a 70 athlete maximum for this event. Please designate your intent to participate through this link that will be sent to the IMD office: <https://forms.gle/9oB9aukxeZ5X8tcT6>

Payment Deadline: January 15th, 2022

The payment portal will be set up by Jan. 1st.

Project Lead: Troy Price

Schedule:

Monday January 31st, 2022: M/W Speed Elements

Tuesday February 1st, 2022: M/W Speed Elements

Wednesday February 2nd, 2022: M/W Speed Elements

For any questions, please call or email Carma Burnett or Troy Price

DIVISIONAL SPEED ELEMENTS CAMP CONTENT

AERODYNAMICS: Body position to reduce air friction.

- ❖ Tucks: High & Low
 - Movement in and out of tucks and from low to high.
 - Drills in Free Environment:
 - Static and straight runs w/feedback and video
 - Drills in Closed Environment:
 - Speed Trap and other drills set up for Speed Element
 - Wave Track

TECHNICAL TURNS: Review and understand the importance of GS type of turns on longer skis.

- ❖ Pressure Control & Edging – Over outside ski, movement that engages edge of new outside ski at the tip of ski.
 - Use of ankle/foot to tip ski on edge at initiation
 - Progressive lateral movement. Smooth switches!
 - Drills in Free Environment:
 - Skating forward/backwards
 - J-turns to linked J-turns
 - Garlands w/emphasis on engaging w/ankle/foot first
 - Outside ski turns. (Inside ski off snow)

- 50/50 to 60/40 to 70/30, etc. pressure drill. Shift of pressure?
- Pure arcs in snow
- ❖ Drills in Closed Environment:
 - Over round SG turns, GS course
 - GS sections in full length course if available

GLIDE TURNS: Work on minimizing air and snow friction while in slight turns.

- ❖ Pressure Control & Edging – Even weight over both skis w/minimal amount of outside ski and edging to achieve arc.
- ❖ Aerodynamics – Work on movements in and out of tuck
 - Drills in Free Environment:
 - Smooth Switches (“Smitches”) of edging, pressure, and in/out of tuck
 - Use of hoses to discipline arms and stay aerodynamic
 - Back flat w/ski pole low/high tuck
 - Slow motion movements
 - Drills in closed environment:
 - Glide turns on flats working on tactics of long smooth, clean turns in a tuck

TERRAIN ADAPTATION: Understanding how terrain changes are important to understand at speed. Types of Terrain:

- ❖ Big Terrain: Flats to Steeps, Steeps to Flats, Side Hill, Rolls, Bumps, etc.
- ❖ Medium Terrain: Terrain in the turn, small bumps, small or sneaky terrain that need adjustments.
- ❖ Small Terrain: Snow conditions and conditions that vary from turn to turn or within a big turn, chatter marks, etc.
 - Drills in Free Environment:
 - Traverse work: “Pumpers” (flex/extend) on groomed, “Pumpers” from terrain, side hill jumps 1 & both skis, in uneven terrain, (bumps, ungroove, etc.)
 - Seek out compressions, drops and work on movements forward to adjust
 - Drills in Closed Environment:
 - In courses
 - Side hill pole jumpers
 - Wave track
 - Z Drill

JUMPING: The ability to adapt to big terrain that takes skis off the snow and land in balance while trying to remain aerodynamic.

- ❖ Types of Jumps: “Pop”, “Pre-jump”, “Press”, “Ride” in either a straight (flat ski) jump or while on edge, (in a turn). **We will stay focused** on the basics of the “Press” or simple “Ride”.
- ❖ Phases of the jump:
 - Prep: Movement from low to high tuck
 - Take off: Out of tuck w/hands towards tip palms down, (Shoulders down, back stays round)
 - Flight: Legs retract if necessary, skis become parallel with landing, hands may pull down and back towards boots and pause if big flight.
 - Landing: Extension of legs to absorb, stance width becomes “athletic”, hands/arms “follow through” back to tuck position.
 - Drills in Free Environment:
 - Find areas for air including appropriate take offs, landings
 - Pop over troughs in bumps
 - Static practice w/feedback
 - Drills in Closed Environment
 - Phantom Jump drill
 - Pole jumpers
 - Side hill pole jumpers
 - Straight off, and while in turn air practice

- On course

TACTICS: Increase of speed requires understanding of proper tactics and technique on longer courses with varied gate placements, and terrain changes.

- ❖ Inspection: Gate placements, (standard, corridors, etc.) Whole view of hill, to smaller details, blind knoll/jump plan, weather issues, (wind, shade/sun, flat light), naming of big/medium terrain w/plan.
- ❖ Course reporting w/coaches

OTHER ITEMS:

- ❖ Grouping: Coaches will be having athletes in their groups that they have not worked with. Be sure to:
 - Evaluate skill, understanding, and courage levels and judge your progressions accordingly. Be conservative!
 - Start wave track progression at last or 2nd to last and build
 - Use “competency brushes” on jumps and start at closest to jump and build speed from there.
 - When making free ski runs have the 6 second rule. (Count to 6 before sending next athlete)
- ❖ More Safety Reminders:
 - Review with athletes these basics:
 - Use and practice the Hockey Stop and stop to the side of group and below!
 - Be aware of more room to stop, and avoid obstacles/public!
 - In the Free Environment ski with precision and correct movements rather than speed.
 - Be aware of slow areas at the resort and respect them!