



2009 Hood Camp General Daily Plan

Location: Mount Hood, Oregon June 20th -24th

Camp Skiing Goals:

1. Work on Technique and tactics and fundamentals: Balance, Stance, Edging, Transitions.
2. Video.
3. Educate athletes and parents on USSA, coaching technique, coaching philosophy
4. Test Equipment (skis, boots...)
5. Last but not least to have FUN!

Travel Dates: -If Driving, travel days THERE are June 18th-19th. Plan to **leave from Club 6am, June, 18th**. *Plan on staying 1 night at hotel each way. Very limited space in Team Summit Van, Check for availability.

If **Flying** THERE **June 19th** (arrive in Portland after 1 pm before 5 pm) and leave **June 24th** (From Portland after 4 pm) Team Summit van will pick up athletes/parent June 19th. Athletes will either take a shuttle from Government Camp or Team Summit van will take athletes to airport immediately after training on June 24th.

Skiing Dates:

June 20th-22nd SL

June 22nd ?Day Off ?– Recovery, Relax, Golf, Movie, Sight See, Hood River, Swimming...

June 23-24th GS

Daily Schedule:

6:00 am: Wake Up, short warm-up run/stretch, **BREAKFAST!**

7:00: Load *Magic Mile* lift.

7:30-8:30: Warm-up runs.

8:45-10:00: Train: Drills, course.

10:00-10:20: Snack Break!

10:30-12:00: Train: Drills, course.

LUNCH

12:45 Government Camp Testing Center(For those interested in testing equipment)

2:00-3:30 Break Time

3:30-5:15 Afternoon Conditioning, Game Time, activity.

DINNER

8:30 pm Lights Out!

What to bring:

BRING- Sunscreen, Raingear(Waterproof jacket, pants, gloves) 1 pair GS and 1 pair SL skis, boots, poles, goggles, tuning equipment, sunglasses, skiing gear(GS Suit, shin guards...), running shoes, workout clothes, swim suit, Golf Clubs, ~~mountain bike~~, sleeping bag, Backpack, water bottle, **some extra spending money.

NOTE:

-Athletes will be able to test skis and boots from most if not all of the various manufacturers. For this reason many athletes choose to bring only two pairs of skis(1 SL, 1GS) many of the days athletes test skis. *Powder or Rock Skis are not needed.*

Scheduled Staff: Team Summit Program Coaches and special athlete coaches: Katie Hartman and others.

Travel Methods: On Own, Fly or Team van or vans will be making the 1200 mile trip. *Team Summit vans will arrive at the condos in the afternoon of the 19th We can pick up campers at the airport but you MUST get us your flight info and you MUST fly in to Portland in the late afternoon early evening.*

Lodging Info: Mount Hood Condos, Welches Oregon. Jim or Kitty Ryan. Office (503)622-4042.(Contact Info Is Subject TO Change)
Cell phone coverage has proved to be limited around Mt Hood. Best time to call coaches or your kids is in the morning and early afternoon.

Cost: See Registration Sign-Up Page Includes coaching, van transportation, lifts and meals.
*****Does not include Flight.***

Brief Summary: Primary focus for the coaches is to work towards skiing improvements with the athletes by working on technique and course tactics. Spring and summer is the ideal time to work on skiing because it can be done without the pressure of an upcoming race.