



Thursday & Friday, February 5-6, 2015 PARA U16 Speed Camp Limited to 60 Participants

Mountain

Facilities – Use Adventure Center located at East end of Valley Facilities

Event Location – Razor's Edge trail accessed by using Comet Quad or Challenge Express

Day 1 Schedule

8:00am Registration Opens – Adventure Center in Valley

8:15am Coaches Meeting in Adventure Center

8:30am – Break into Groups

9:00am-10:00pm- Warm-up Free-ski on Razor's Edge

10:00am-12:00pm- 5 Stations

- 1) Pole Jumpers
- 2) Transitions & Super G Turns
- 3) Absorbing Terrain- rollers/waves
- 4) Gliding and Tucking
- 5) Jumping

12:00pm-1:00pm- Lunch

1:00pm-3:00pm- 2 Stations

- 1) Transitions w/ SG Turns
- 2) Gliding to Jumping

Day 2 Schedule

8:00am Check-in – Adventure Center in Valley

8:45-9:30am- Controlled Skiing on Venue

10:00-10:30am- Course Inspection

10:30am-12:00pm- SG Timed Runs

12:00pm-1:00pm- Lunch

1:00-1:30pm Course Inspection

1:30-2:45pm- SG Timed Runs

Registration- \$120

On line race registration – www.alpinereg.com

Deadline – Tuesday, February 3, 2015 11:59pm

Registration Limited to 60 Participants

Lift Tickets

2-day Racer Ticket \$80. **Purchase in advance at www.alpinereg.com.** 1-day Adult/Family Ticket available on days of event. Coaches must present a current USSA membership card to receive a complimentary ticket.

Equipment

Recommend at least 175cm GS ski with minimum 23 meter turning radius. SG skis acceptable.

