



Blue Mountain Racing

BlueMountain

Speed Camp February 17-18, 2016

Mountain

Facilities: Summit Lodge

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

Day 1 Schedule

7:30am Event Check-in: Summit Lodge Alpine Room (cafeteria room)

8:15am Coaches Meeting in Competition Center

8:30am- Break into Groups

9:00am- 10:00am 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- roller/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 Event Check-in- Summit Lodge Alpine Room

8:15am Coaches Meeting in Competition Center

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

10:00am-10:30am- Course Inspection

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

12:00pm-1:00pm- Lunch

1:00pm-1:30pm Course Inspection

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

Equipment

For the best experience, recommended ski should be at least 175cm GS ski with a 23 meter turning radius. SG skis acceptable.

Special Note

Athletes may run on their skis to Razors Edge or carry their skis to event hill. Athletes are not permitted to run on Paradise Trail as it is a designated slow-skiing- NSP will enforce.