



U14 VARA GS Terrain Project: Okemo Friday Feb 2nd Boys & Girls

Zoom Team Captains meeting 5pm Thursday 2/1

(<https://us05web.zoom.us/j/4668121709?pwd=eUM3Tk5VVlNmVDFhb1NMVFJK2M0dz09&omn=81691363880>)

Coaches will be responsible for leading their own athletes. It's often more productive for coaches to work with athletes already knowing them and their skiing. If any athletes are coming without a coach from their home program, we can move them in with a program that has a smaller group and potentially athletes from their same council. If you have an athlete coming without a coach, please email jrobbins@okemomountainsschool.org and

Admin Ski Racing (<https://adminskiracing.com/node/516126>)

Tentative schedule:

8:15-8:40 Bib and ticket pick up Okemo Competition Center (downstairs), please send just one representative from each program.

8:40 Coaches Meeting In front of the A/B Chairs outside the main base lodge

8:50 Athletes Meet in front of A/B Chairs outside of the main base lodge to organize their groups

9:00 Load Lifts

9:15-11:30 Terrain Elements Stations in Groups

- Elements and hill Inspection / Explanation of each element learning targets- 2 run inspection, one for each side
- Ski Elements- a map and hill plan will be provided at TCM

11:30-12:30 Lunch- Mid-Mountain Sugarhouse Lodge, food service available, no cash transactions (Bring Lunch or buy, Water Bottle & Snack)

12:30- 3:00 Afternoon elements, Skiers right linked together with timing, skiers left will have the same elements as morning. Groups should rotate though both sides to keep lines down on full length timed GS section

3:00 Training Elements closed. Bib collection at the YURT, base of Wardance trail, Blue/Yellow Bib Bag. Lost Bib Charge \$100.00

The camp will consist of 7 element stations. There will be two lanes for athletes to rotate through. Groups can start on the side of their choosing. Do your best to keep lines small and things moving. Coaches will need to clear their groups though the elements.

Skiers right:

- A. Start with timing
- B. Jump, with gates in and out of it
- C. GS with brushes for transition box

Skiers Left:

- D. GS Apex

- E. Spine set with GS gates
- F. Rollers with GS gates in trough
- G. Wave Track

Medical Plan - For Wardance: The Ski Patrol hut, located at the Summit, is within view of the top of Noreaster and has easy access to other alpine venues, Chief and Wardance Trails. The Chief of Race has radio contact to Ski Patrol at all times. The Ski Patrol has a sled setup for both spinal injuries and cardiac emergencies. The Ski Patrol base area is located to the skiers left of the base lodge with OEC ski patrollers on duty at all times.

First Aid at start with a toboggan. Transport down piste to ski patrol at base area. Ambulance at town ½ mile approximately 10 minutes, with helicopter to Dartmouth or Albany Hospital available approximately 20 minutes.

RADIOS - For group leaders – Pick up at A/B lift