

# SSWSC 2014 Summer Program Guide

The following location abbreviations are used throughout this guide:

HH=Howelsen Hill

WR=Water Ramp

## SSWSC SUMMER SKI CAMPS

### **Mt Hood Alpine Ski Camps:** [AGES: camp for incoming U12-PG athletes]

Mt. Hood is the training site for many National teams and nearly every ski club in the U.S. Mt. Hood is a snowfield that offers ski training throughout the entire year. Through a thoroughly planned technical/tactical progression, professional coaching, video analysis, and timing, we will achieve our technical/tactical goals. This is our flagship camp, and will set the stage for the rest of the summer.

- FACT SHEET and other details available at [sswsc.org](http://sswsc.org) under Alpine.

<u>Location</u>	<u>Dates</u>	<u>Cost</u>
<b>Mt. Hood, Oregon</b>	<b>June 16-26 (U12, U14, athletes for the 2014/15 season) GS/SL Technical and Tactical Fundamentals Camp</b>	<b>Full camp \$2,100 Day camp \$1,725</b>
	<b>June 12-29 (U16 and older athlete for the 2014, season) Invitational Camp.</b>	<b>\$3,440</b>
	<b>June 16-29 (U16 and older athletes) GS/SL Technical and Tactical Fundamentals Camp</b>	<b>\$2,975</b>

## **Alpine Free-Ski Camp at Snowbird**

This camp is all about hard, fast, steep, and challenging free skiing. The US ski team says good skiers make good ski racers and at the SSWSC we agree. If you look at history, the Colorado skiing environment does not provide enough gritty, challenging, extreme conditions to cultivate a fully evolved and fully skilled skier. WE MUST SUPPLEMENT and this is exactly what this camp is all about. This camp is all about cultivating the passion for this sport and fully celebrating being a good skier and becoming a better skier. Athletes will ski in groups with a coach exploring Snowbird's legendary spring conditions and terrain. We will ski all day and play in the Cliff Lodge pool in the late afternoons.

- **FACT SHEET** and other details available at [sswsc.org](http://sswsc.org) under Alpine.

<b><u>Location</u></b>	<b><u>Dates</u></b>	<b><u>Cost</u></b>
<b>Snowbird, UT</b>	<b>May 1-4 (U12 through U21 athletes for the 2014/15 season)</b>	<b>Full camp \$580 U12 (with parents attending) \$250 See fact sheet for details</b>

## PACE Technical and Tactical Fundamentals Camp

**P – Passion:** The PACE group consists of the best athletes from each age group and passion is a critical component of being the best.

**A – Accountability:** This camp will facilitate accountability between the age groups through team travel, living and training.

**C – Commitment:** A commonality between all ages is a shared level of dedication and commitment to the sport of ski racing. This environment will foster an even a deeper level of understanding of what becoming the best will take.

**E – Excellence:** This camp will be the model SSWSC camp. Excellence will be the expectation and the norm of behavior, performance and attitude.

Collectively the PACE attributes will prop up, bolster and propel the goals of each and every qualified PACE athlete. We will offer directed free skiing, drill courses and head-to-head training opportunities.

- FACT SHEET and other details available at [sswsc.org](http://sswsc.org) under Alpine.

<u>Location</u>	<u>Dates</u>	<u>Cost</u>
Loveland, CO	May 31 - June 1 (U12 through U21, PACE qualified athletes 2014/15 season)	Full camp \$150 See fact sheet for details

## **Snowboard High Cascade Camp**

High Cascade is the place for summer snowboard training, located on Mt. Hood, Oregon. Mt. Hood is a glacier that offers on-snow training throughout the entire year. High Cascade camps offer snowboarders two private snowboard parks, a 22-foot pipe, bag jumps, numerous rails and jumps, and full access to 2014 demo equipment during the camp. Our SSWSC coaches will travel and coach our athletes in this terrific venue.

Recommended for Junior Ability, Junior Team and Senior Team athletes.

Please contact Tori Koski by email: [koski@gmail.com](mailto:koski@gmail.com)

<b>Location</b>	<b>Dates</b>	<b>Cost</b>
<b>Mt. Hood, Oregon</b>	<b>July 26th - August 2nd</b>	<b>\$1925 plus airfare</b>

FACT SHEET and other details available at [sswsc.org](http://sswsc.org) under Summer Camps.

# ALPINE SUMMER CONDITIONING/TRAINING PROGRAMS

## **Summer Conditioning: [AGES 9 and up]**

For a deposit on 2014/15 Alpine program fees the SSWSC athlete now has an assortment of strength and conditioning sessions to choose from.

The conditioning program is an accelerated and intense training program designed to raise athlete fitness levels and advance each athlete's skiing success. In ski racing, technique, strength, and athleticism are intimately related. It takes strength to maintain the fastest line down a GS course. It takes creativity and athleticism to finish a SL course and it takes technique to properly align the body for full maximization of the ski under foot. Every single SSWSC alpine racer who has ski racing aspirations needs to be involved in a summer sport in one form or another. Summer Conditioning is an important addition to a summer athletic program for increased injury prevention, and to prepare for the physical demands of the sport of ski racing. It will be creative, fun, difficult, diverse and built towards your alpine goals for next season.

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Summer Conditioning for U21/U18 alpine athletes</b>	<b>\$400 deposit toward 2014/15 program fees</b>	<b>Monday, Wednesday, Thursday 4pm - 6pm</b>	<b>April 30 - June 11</b>
		<b>Monday 8-10 Tuesday 8-10 Wednesday 8-10 Thursday 8-10 Friday 8-10</b>	<b>June 30 - August 22</b>

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Summer Conditioning for U16 alpine athletes</b>	<b>\$400 deposit toward 2014/15 program fees</b>	<b>Monday &amp; Thursday 4pm-6pm</b>	<b>April 30- June 11</b>
		<b>Monday 12:30 - 2pm Tuesday 8-10am Wednesday 11-12:30pm Thursday 8-10am</b>	<b>June 30 - August 22</b>

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Prep-Season Conditioning for U14 alpine athletes</b>	<b>\$350 deposit toward 2014/15 program fees</b>	<b>Choose 3 sessions per week: Monday 10-11am Monday 11-12pm Tuesday 11-12 pm Wednesday 10-11am Wednesday 12:30-1:30pm Thursday 11:30-12:30pm Friday 11:30am-12:30pm Friday 12:30-1:30pm</b>	<b>June 16 - August 22</b>

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Prep-Season Conditioning for U12 alpine athletes – 9, 10 &amp; 11 year olds</b>	<b>\$300 deposit toward 2014/15 program fees</b>	<b>Choose 2 sessions per week: Monday 10-11am Monday 11-12pm Tuesday 11-12 pm Wednesday 10-11am Wednesday 12:30-1:30pm Thursday 11:30-12:30pm Friday 11:30am-12:30pm Friday 12:30-1:30pm</b>	<b>June 16 - August 22</b>

## **SSWSC AIR BAG PROGRAMS**

The Bag at Howelsen Hill is a training venue for most ages and abilities. Training programs for the spring of 2014 will consist of set times for various groups of athletes (see programs below). Training will consist of speed checks, aerial progressions and video review. Coaches will be on hand to offer sport specific coaching and progressions.

April 1st - April 20th 2014

15 athletes max per session – 8 athlete minimum

### **Air Bag Training**

Training will consist of speed checks, aerial progressions and video review. Coaches will be on hand to offer sport specific coaching and progressions.

- Ages 10 and up
- Available to SSWSC members only
- Intentional disregard for safety will result in removal from jumping privileges.
- Required personal equipment:
  - Skis/snowboard gear (Skis – must be twin tips)
  - Ski and Board edges must be in good shape
  - Helmet

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>Beginner Bag</b>	<b>4/1 – 4/3</b>	<b>Howelsen Hill</b>	<b>Tue-Thurs</b>	<b>4-7pm</b>	<b>\$50</b>
<b>Intermediate Bag</b>	<b>4/8 – 4/10</b>	<b>Howelsen Hill</b>	<b>Tue-Thurs</b>	<b>4-7pm</b>	<b>\$50</b>
<b>Advanced Bag</b>	<b>4/15 &amp; 4/17</b>	<b>Howelsen Hill</b>	<b>Tue. &amp; Thurs.</b>	<b>4-7pm</b>	<b>\$25</b>

<b>Intermediate and Advanced Bag</b>	<b>4/19 – 4/20</b>	<b>Howelsen Hill</b>	<b>Sat- Sun</b>	<b>9am-12:30</b>	<b>\$50</b>
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## Private Lessons / Bag Rental

Each lesson is tailored to each individual athlete and their personal goals. The coach and the athlete will decide how to best utilize the athlete's time to work towards their goals. Group Privates are also available.

- Ages 12 and over
- Required Equipment to bring of your own:
  - Your own ski/snowboard gear (Skis – must be twin tips)
  - Ski and Board edges must be in good shape
  - Helmet

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>Private Lessons (Groups)</b>	<b>6/1 – 7/1</b>	<b>Howelsen Hill</b>	<b>By reservation only</b>	<b>By reservation only</b>	<b>Hourly Rate: \$100 (Per-Hour, 2 hour minimum) (Per- Group)</b>



# **FREESTYLE SUMMER CONDITIONING PROGRAMS**

## **Summer Conditioning**

For a deposit on 2014/15 Freestyle program fees the SSWSC athlete now has an assortment of strength and conditioning sessions to choose from.

The conditioning programs are designed to raise the fitness levels and advance the athletes skiing success. Summer Conditioning is an important addition to any athlete for injury prevention, and to prepare for the physical demands of the sport of skiing. It will be creative, fun, difficult, diverse and build towards your goals for next season.

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Summer Conditioning for Athletes 13 and older</b>	<b>\$400 deposit toward 2014/15 program fees</b>	<b>Tuesday through Friday 1:30-3pm</b>	<b>June 16 - August 22</b>

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Summer Conditioning Ages 9-12</b>	<b>\$300 deposit toward 2014/15 program fees</b>	<b>Choose any 2 Days per week: Monday 10-11am Monday 11-12pm Tuesday 11-12 pm Wednesday 10-11am Wednesday 12:30-1:30pm Thursday 11:30-12:30pm Friday 11:30am-12:30pm Friday 12:30-1:30pm</b>	<b>June 16 - August 22</b>

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Summer Conditioning for Park and Pipe athletes</b>	<b>\$300 deposit toward 2014/15 fees p</b>	<b>Tuesday and Wednesday 3-4:30pm</b>	<b>June 16 - August 22</b>

## **SSWSC Water Ramp Programs**

The Water Ramp at the Bald Eagle Ski Lake is a one of a kind facility providing fun summer training for all ability levels. The facility has different takeoffs consisting of a small cheese wedge for beginners, a simulated mogul jump, a freestyle single kicker and a freeride simulated park-style takeoff. The facility also has three in-ground trampolines for aerial training. The water ramp facility is the ideal summer training spot for freestyle skiers and snowboarders to develop body awareness in the air.

### **Required Equipment Personal Equipment:**

- o Ski/snowboard gear (used/beater gear is recommended)
- o Helmet with ears covered
- o Life Jacket (water ski or kayak PFDs work best)
- o Retention straps for skis

### **Highly Recommended Equipment:**

- o Wetsuit or dry suit (both for warmth and for “slap-factor”)
- o Gloves (neoprene paddling gloves work great)

### **Regular Season HOURS OF OPEN OPERATION: 6/16 – 8/24**

- o Tues. through Fri.                    1-5pm (or weather / lightning permitting)
- o Sat and Sun                            12-5pm (or weather / lightning permitting)

### **Fall Season HOURS OF OPEN OPERATION: 8/25 – 10/1**

- o Sat and Sun                            12-5pm (or weather / lightning permitting)
  - Water ramp facilities (including tramps) are closed to “open” jumping except during the above times.
  - Punch cards are good for the current calendar year only.

### **Trampolines**

- o Tramps are considered part of the water jump facility and registration is required for their use.
- o Please get approval from the manager on duty before using trampolines
- o Tramps are subject to all rules and regulations of the facility

### **Ramps:**

- o Beginner jumpers and jumpers new to the facility will need to check in with the Ramp Manager on duty to go over safety and proper in-run and jumping technique
- o All jumpers must check-in with the Ramp Manager and have all paperwork, waivers and registrations complete and verified before jumping or bouncing

# Trampoline

AGES: 8 and older

## THIS PROGRAM IS FOR ATHLETES FROM ALL DISCIPLINES

These programs are designed for the enthusiastic young athletes. A fun atmosphere while structured learning is progressed from basic skills to advanced skill sets.

· *Minimum requirement: able to follow directions and have fun*

Program	Dates	Location	Days	Times	Cost
Trampoline Training 1 day per week – pick 1	6/17 – 8/24	Water Ramp Park (Bald Eagle Ski Lake)	Tue, W, Thur, Fri	3- 5pm	\$345* Includes season pass
Trampoline Training 2 days per week – pick 2	6/17 – 8/24	Water Ramp Park (Bald Eagle Ski Lake)	Tue, W, Thur, Fri	3- 5pm	\$400* Includes season pass
Trampoline Training 3 days per week – pick 3	6/17 – 8/24	Water Ramp Park (Bald Eagle Ski Lake)	Tue, W, Thur, Fri	3- 5pm	\$460* Includes season pass
Trampoline Training Full program – All 4	6/17 – 8/24	Water Ramp Park (Bald Eagle Ski Lake)	Tue, W, Thur, Fri	3- 5pm	\$520* Includes season pass

Trampoline Park & Pipe Camp July 21-25 and July 28-Aug 1	7/21 – 7/25 7/28 - 8/1	Water Ramp Park (Bald Eagle Ski Lake)	Mon- Fri	5-7pm	\$345* Includes season pass
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*\*A season pass to the Trampolines is included in all Programs allowing full participation in all “open” Trampoline times*

## Junior Ramp Training

Junior ramp training is for athletes 13 and under. Training will consist of a warm up, stretching, trampoline progressions, balance progressions and water ramp training. Qualified coaches will be leading training to ensure safe and fun progressions as well as technical training and video *feedback*.

- *Ages 8- 13*
- *Required equipment: skis / Snowboards with retention straps, boots, wetsuit or dry suit, life jacket/PFD, helmet (with ears covered). Recommended equipment: gloves, swimsuit, cross training shoes*

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>Junior Ski Ramp Training 1 day per week – pick 1</b>	<b>6/17 – 8/24</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Tue, W, Thur, Fri</b>	<b>12- 3pm</b>	<b>\$630* Includes season pass</b>
<b>Junior Ski Ramp Training 2 days per week – pick 2</b>	<b>6/17 – 8/24</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Tue, W, Thur, Fri</b>	<b>12- 3pm</b>	<b>\$690* Includes season pass</b>
<b>Junior Ski Ramp Training 3 days per week – pick 3</b>	<b>6/17 – 8/24</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Tue, W, Thur, Fri</b>	<b>12- 3pm</b>	<b>\$800* Includes season pass</b>

*\*A season pass to the Water Ramp Park is included in all Programs allowing full participation in all “open” ramps times.*

## Senior Ramp Training

Senior training is for athletes ages 13 and older. Training consists of stretching, trampoline progressions, balance progressions and water jump training. Qualified coaches will be leading training to ensure safety conscious and fun progressions as well as technical training and video feedback.

- *Ages 13 and over*
- *Required equipment: Skis / Snowboards with retention straps, boots, wetsuit or dry suit, life jacket/PFD, helmet (with ears covered)*
- *Recommended equipment: Gloves, swimsuit, cross training shoes*

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>Senior Ski Ramp Training 1 day per week – pick 1</b>	<b>6/17 – 8/24</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Tue, W, Thur, Fri</b>	<b>9am- 12pm</b>	<b>\$630* Includes season pass</b>
<b>Senior Ski Ramp Training 2 days per week – pick 2</b>	<b>6/17 – 8/24</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Tue, W, Thur, Fri</b>	<b>9am- 12pm</b>	<b>\$690* Includes season pass</b>
<b>Senior Ski Ramp Training 3 days per week – pick 3</b>	<b>6/17 – 8/24</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Tue, W, Thur, Fri</b>	<b>9am- 12pm</b>	<b>\$800* Includes season pass</b>
<b>Senior Ski Ramp Training Full program – All 4</b>	<b>6/17 – 8/24</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Tue, W, Thur, Fri</b>	<b>9am- 12pm</b>	<b>\$860* Includes season pass</b>

*\*A season pass to the Water Jump Park is included in all Programs that allow full participation in all “open” ramps times*

## Freeskier Ramp Camps

Freeskier Camp is for athletes 13 and older. Training will consist of a warm up, stretching, trampoline progressions, balance progressions, water ramp training, workouts, and other activity as scheduled. Qualified coaches will be leading training to ensure safety conscious and fun progressions as well as technical training and video feedback. You may pick the number of days to participate according to the program.

- *Ages 13 and up*
- *Required equipment: tennis shoes, water bottle, Lunch, Ski with straps, boots, wetsuit or dry suit, life jacket/PFD, helmet (with ears covered)*
- *Recommended equipment: gloves, swimsuit, cross training shoes*

Camp	Dates	Location	Days	Times	Cost
<b>Freeskier Camp #1</b> June 17-21 and 23-27	6/17-6/21 6/23-6/27	Water Ramp Park And Howelsen Hill	Tue-Sat Mon-Fri	9-3:30	\$745* Includes season pass
<b>Freeskier Camp #2</b> August 11-15 and 19-23	8/11-8/15 8/19-8/23	Water Ramp Park (Bald Eagle Ski Lake)	Mon-Fri Tue-Sat	9-3:30	\$745* Includes season pass

*\*A season pass to the Water Ramp Park is included in all Programs allowing full participation in all "open" ramps times.*

## “Drop In” Ramp Training Programs

Athletes may “Drop-in” to our regularly scheduled Junior or Senior programs. Athletes will be integrated in with our athletes and coaches for the program times. This includes coaching as per-program and the daily water ramps pass including trampoline and ramp access for the open jump time that day.

- *Ages 8 and over*
- *Required equipment: snowboard, skis, boots, wetsuit or dry suit, life jacket/PFD, helmet (with ears covered)*
- *Recommended equipment: gloves, swimsuit*

Program	Dates	Location	Days	Times	Cost
<b>Drop-in Daily as scheduled</b>	6/17 – 8/24		Tue, W, Thur, Fri	As scheduled	Per-Athlete: \$75 (Per Day)

## Water Ramp Private Lessons

With a 2-hour minimum each lesson includes an open day pass for the day of the private. The coach and the athlete will decide how to best utilize the athletes' time to work towards their goals. Group Privates are also available.

- *Ages 8 and over*
- *Required equipment: snowboard, skis, boots, wetsuit or dry suit, life jacket/PFD, helmet (with ears covered)*
- *Recommended equipment: gloves, swimsuit*

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>Private Lessons (Individual Athlete)</b>	<b>6/1 – 10/1</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>By reservation only</b>	<b>By reservation only</b>	<b>Hourly Rate: \$50 (Per-Hour, 2 hour minimum) (Per-Athlete)</b>
<b>Private Lessons (Groups)</b>	<b>6/1 – 10/1</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>By reservation only</b>	<b>By reservation only</b>	<b>Hourly Rate: \$90 (Per-Hour, 2 hour minimum) (Per-Group)</b>

## Never Ever Clinics

Designed as an introduction to the trampolines, water ramps and safety this 2 hour class will teach the basics on each and how to enjoy them. Class size will be limited to 6 or less participants. These Classes are by reservation only and include an open day pass.

- *Ages 8 and over*
- *Required equipment: Snowboard, skis, boots, wetsuit or dry suit, life jacket/PFD, helmet (with ears covered)*
- *Recommended equipment: Gloves, swimsuit*

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>Never Ever Clinics (For the first timer)</b>	<b>6/1 – 9/1</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>By reservation only</b>	<b>By reservation only</b>	<b>Per-Class: \$50 (Per-Athlete)</b>

## Open Water Jump

The Water Jump Park will be open on a regular basis to accommodate jumping. These are times for skiers and riders who would like to jump and train on their own. During open times, a coach will be on site to supervise and monitor safety of the jumpers. Open water jump passes include trampoline access. All open jumpers are required to purchase a day pass, punch card or season pass.

- *Ages 13 and over; or enrolled in a ramp program*
- *Required equipment: snowboard, skis, boots, wetsuit or dry suit, life jacket/PFD, helmet (with ears covered)*
- *Recommended equipment: gloves, swimsuit*

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>Early Season</b>	<b>6/1 – 6/15</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Sat Sun</b>	<b>12- 5pm 12- 5pm</b>	<b>Season Pass: \$400 10 Punch Card: \$290 Day Rate: \$40</b>
<b>Summer Season</b>	<b>6/16 -8/24</b>		<b>Tue-Fri Sat-Sun</b>	<b>1 – 5 pm 12 –5pm</b>	
<b>Open Water Jump Fall Season only</b>	<b>8/25 – 10/1</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Sat Sun</b>	<b>12- 5pm 12- 5pm</b>	<b>Fall Pass: \$170 5 Punch Card: \$115 Day Rate: \$35</b>



## Open Trampoline

The trampolines at the Water Jump Park will be open on a regular basis to accommodate tramp training. These times are for skiers and riders who would like to jump and train on their own. During open times, coaches will be on site to supervise and offer advice to the bouncers. All open participants are required to purchase a day, punch card, or season pass. Please respect the closed training times; open trampoline is only allowed during open water ramp times.

- *Open to any age*

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>Open Trampoline Early Season</b>	<b>6/1 – 6/15</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Sat Sun</b>	<b>12- 5pm</b>	<b>Season Pass: \$230 10 Punch Card: \$170 Day Rate: \$30</b>
<b>Summer Season</b>	<b>6/16 – 8/24</b>		<b>Tue-Fri Sat-Sun</b>	<b>1 – 5pm 12-5pm</b>	
<b>Open Trampoline Fall Season</b>	<b>8/25 – 10/1</b>	<b>Water Ramp Park (Bald Eagle Ski Lake)</b>	<b>Sat Sun</b>	<b>12- 5pm 12- 5pm</b>	<b>Fall Pass: \$115 5 Punch Card: \$65 Day Rate: \$20</b>

# 2014 CYCLING PROGRAMS

## JUNIOR PROGRAMS

### Youth Mountain Bike

7 – 15 years

This is a 6 week program that promotes safe riding skills to children aged 7-11 in a fun environment. This program is best suited for children with an interest in learning more about mountain biking, participating in group rides and a desire to put in some effort. The program takes place mainly on trails around Steamboat such as Spring Creek, Emerald Mountain, and Mad Creek. The program will teach fundamental skills that can be applied to all aspects of cycling. Groups will be broken down by age & ability. Each session runs on Wednesdays 8:30-11:00am.

- *Groups will meet at the Rodeo Grounds*
- *Minimum Ability Requirements: Comfortably ride a two wheeler on pavement and non-pavement.*
- *Minimum Equipment Requirements: A bike with gears and handbrakes, a cycling helmet, water, **spare tube** (the same size as your athlete's tire!!)*
- *Beneficial Equipment: bike gloves, Camelbak, bike shorts, sunglasses*
- *Discounted Town Challenge Season Pass for SSWSC Cycling members - \$40*

<b>Program:</b>	<b>Times:</b>	<b>Dates and Cost</b>
<b>Youth Mountain Biking 7 – 15</b>	<i>Wednesdays from 8:30 – 11:00am @ the Rodeo Grounds</i>	<b>June 18 to July 23 \$150</b>

## Bike to Water Ramp

8 – 14yrs

This is a 6 week program that combines the Youth Mountain Bike Program and Junior Ramp Training.

- *Groups will meet at the Rodeo Grounds and finish at Howelsen Hill Lodge*
- *Parents have the option to pick up athletes at the water ramp from 3-4pm*
- *See Youth Mountain Bike Program and Junior Ramp Training for equipment requirements.*

<b>Program:</b>	<b>Times:</b>	<b>Dates and Cost</b>
<b>Bike to Ramp</b>	<i>Wednesdays from 8:30am - 5pm</i>	<b>June 18 to July 23</b> <b>\$470</b>

## “It’s a Girl Thing” Mountain Bike

6th grade - up

This is a 6-week program that teaches middle school and high school girls the skills of mountain biking and the fun of riding with their peers. The program is for girls with an interest in learning more about mountain biking, participating in group rides and a desire to put in some effort. The program takes place mainly on trails around Steamboat such as Spring Creek, Emerald Mountain, and Mad Creek. Groups will be broken down by age & ability. Groups will meet at Howelsen Hill Lodge.

- *Minimum Ability Requirements: Comfortably rides a two wheeler on dirt.*
- *Minimum Equipment Requirements: A 26”-29” bike with gears and handbrakes, a cycling helmet, bike gloves, sunglasses, water, **spare tube** (the same size as your athlete’s tire!!)*
- *Beneficial Equipment: CamelBak, bike shorts, bike gloves*
- *Discounted Town Challenge Season Pass for SSWSC Cycling members - \$40*

<b>Program:</b>	<b>Times:</b>	<b>Dates and Cost</b>
<b>It’s a Girl Thing Mountain Bike</b>	<i>Mondays &amp; Thursdays from 8:30 – 11:00am</i>	<b>June 23 – Aug 7</b> <b>( off July 14 &amp; 17)</b> <b>\$270</b>

# Jr Mountain Bike

## 6th grade and up

This is a 6-week program that teaches participants aged middle school and high school the skills of mountain biking and the fun of riding with their peers. The program is for athletes interested in learning more about mountain biking, participating in group rides and a desire to put in some effort. Groups will ride two days per week. Groups will be broken down by age & ability.

Groups will meet at Howelsen Hill Lodge.

- *Minimum Ability Requirements: Comfortably rides a two wheeler on dirt. Some mtn.biking experience.*
- *Minimum Equipment Requirements: A 26"-29" bike with gears and handbrakes, a cycling helmet, bike gloves, sunglasses, water and **spare tube** (the same size as your athlete's tire!!)*
- *Beneficial Equipment: Camelbak, bike shorts,*
- *Discounted Town Challenge Season Pass for SSWSC Cycling members- \$40*

<b>Program:</b>	<b>Times:</b>	<b>Dates and Cost</b>
<b>Jr Bike</b>	<i>Mondays &amp; Thursdays from 8:30 – 11:00am</i>	<b>June 23 – Aug 7 ( off July 14 &amp; 17) \$270</b>

# **BMX**

**7 – 15yrs**

This program consists of two 4 week sessions that teaches and practices the fundamentals for BMX riding in a fun and safe environment. Fitness and technique are the focus of this program. Equipment recommendations: full face helmet (regular helmet ok), knee pads or long pants, long sleeve shirt or jersey, gloves and eye protection! Bring water and a snack!

- Groups will meet at the Howelsen Hill BMX track
- BMX bikes preferred, but mtn. bikes fine.
- Price includes USA\*BMX license

<b>Program:</b>	<b>Times:</b>	<b>Dates</b>
<b>BMX</b>	<i>Thursdays from 9:00am – 11:00am</i>	<b>June 19 to July 10 July 17 to Aug 7 \$ 140 for one session (includes the \$60 USA*BMX license) \$ 200 for both sessions</b>

# COMPETITIVE CYCLING PROGRAMS

## Development Cycling Team

11-15 years

The Development Team is for all athletes ages 11 - 15 interested in racing mountain bikes, participating in group cycling activities and generally learning about competitive cycling. The team will develop mechanical, competitive, and bike handling skills through many hands on experiences. Additionally, athletes will learn the importance of stewardship and fundamental trail maintenance while working on designated trail work days. The Development Team focuses more upon competitive Mountain Biking, but athletes will be encouraged to race in the SSWSC Road Race Training Series (dates TBA) and select regional mountain bike competitions, including the Winter Park series. The Development Team will race in the Town Challenge Series and pre-ride the race course with a coach on Tuesdays prior to competition.

- *Minimum Ability Requirements: Some mtn.biking experience and desire for physical and mental challenge.*
- *Minimum Equipment Requirements: 26"-29" bike, cycling helmet, cycling gloves, sunglasses, water and **spare tube** (the same size as your athlete's tire!!)*
- *Beneficial Equipment: CamelBak, bike shorts, clipless pedals*
- *Provided: Team cycling jersey, SmartWool Socks, Sponsor Swag*
- *Discounted Town Challenge Season Pass for SSWSC Cycling members- \$40*

<b>Program:</b>	<b>Times:</b>	<b>Dates and Cost</b>
<b>Devo Team</b>	<i>Tuesdays 8:30 – 11 am Wednesday evenings (race series) Thursdays 8:30 – 11 am</i>	<b>June 10 to August 22 \$460</b>

<b>Program:</b>	<b>Times:</b>	<b>Dates and Cost</b>
<b>Devo Plus (This is an add on program to Devo)</b>	<i>Fridays 10am -12 pm (Train with Elite Team)</i>	<b>June 17 to August 22 \$630</b>

# Cycling Fall Prep

## Entering HS

This program is for athletes that are interested in conditioning throughout the summer for a Fall race league. This team will train 2 days per week focusing on skill development and physical fitness. The focus will be on mtn biking, but participants are welcome at the SSWSC Road Series.

- *Minimum Ability Requirements: Comfortably rides a two wheeler on dirt. Some mtn.biking experience. Desire to push oneself*
- *Minimum Equipment Requirements: A 26"-29"bike with gears and handbrakes, a cycling helmet, bike gloves, sunglasses, water and **spare tube** (the same size as your athlete's tire!!)*
- *Beneficial Equipment: Camelbak, bike shorts*
- *Discounted Town Challenge Season Pass for SSWSC Cycling members- \$40*

<b>Program:</b>	<b>Times:</b>	<b>Dates and Cost</b>
<b>Prep Fall Team</b>	<i>Tuesdays 8:30 – 11am</i> <i>Fridays 8:30 – 11am</i>	<b>June 30 to August 15</b> <b>\$275</b>

# Elite Team

## 15-19 years

The Elite Racing Team is for athletes ages 15 to 19 that are committed to achieving excellence in Road and/or Mountain Bike Racing Competition. This comprehensive program stresses advanced techniques, tactics and methods of training. The team will focus on nutritional, mental, and physical “peaking” techniques that will prepare for success in competition. Each member of the Team will have personalized goal-setting meetings, monitored physical progress, and specialized training attention. It is required that athletes purchase heart rate monitors to track personal goals and progress.

Elite members are responsible for their own travel, lodging competition schedules, but will work closely with a coach to ensure a successful season. Elite Team members will design their own competition schedules. The Team’s competitive focus will be on ACA Road Bike Races (Colorado Regional Racing,) and regional Mtn bike series such as Winter Park or Summit town series. Elite Team Members will practice competitive leadership skills through encouraging and teaching Development Team Members at competitions, and coaching the Youth Cycling Program Participants on Wednesday mornings.

*Minimum Requirements: clipless pedals, a cycling helmet, and cycling gloves, heart rate monitor, Road Bike and Mountain Bike*

- *USAC(USA Cycling) Annual License Required for Regional Competition*

<b>Program:</b>	<b>Times:</b>	<b>Dates and Cost</b>
<b>Elite Team</b>	<i>Monday 8-10am Tuesday 8-10 am Wednesday evenings (race series) Thursdays 8-10 am Fridays 10 am-12 pm Saturdays/Sundays Long Ride/Race 1-2 Trail work days</i>	<b>May 5 to Aug 15</b>  <b>(adjusted times while school is in session)</b>  <b>\$1025</b>



## **Steel Club**

The Steel Cycling Team is for adult cycling enthusiasts who are seeking an opportunity to train for road racing and wish to support the growth of The SSWSC Cycling Club. The Steel Cycling Club is open for ages 16 and up. Whether seeking competition, fitness, enjoyment or friendships, or networking, The Steel Club is a community on wheels. The Club will organize 5 road training races in and around Steamboat Springs during the summer.

**Club Fee: \$50**

Dates of Program: May 18<sup>st</sup> – August 31<sup>st</sup>

Training Opportunity: Road Training Race Series (5 events)

## **Steamboat Composite High School Mountain Bike Team**

This is a Colorado High School MTB program that competes in the CO High School League Races in the Fall. The team is governed by NICA (National Interscholastic Cycling Association) but not affiliated with CHSAA (CO High School Activities Association.) The primary focus of the league is to provide a fun easy way to involve HS students in the challenging and exciting world of competitive cycling. (Composite Teams: are comprised of full-time students from more than one high school. Home-schooled, LWS, Hayden, Craig, Soroco students may join.) Training schedule will be determined according to participants' availability & will be at least 2x/week.

**The season runs Aug 18-Oct 19 which includes 4 races:**

Race 1- Sept 7 Snow Mountain Ranch Stampede, Granby

Race 2- Sept 21 Cloud City Challenge, Leadville

Race 3- Oct 5 Peaceful Valley Invitational, Elbert

Race 4- Oct 19 Haymaker Classic, State Championship, Eagle

**Fee: \$250**

Every member must register as a NICA and CO-MTB member at <http://www.coloradomt.org/>, cost \$50.

Additional Fees: jersey, shorts, races (\$50/race), travel

## **SSWSC SUMMER SKATEBOARD PROGRAMS**

Skateboarding is a fun summer activity to enhance balance and coordination for snowboarding or just to enjoy pushing around the skatepark. Our summer skateboard programs are designed to provide a supervised, instructional environment that allows kids to learn new skills in a safe and comfortable setting. Our programs are located at the Bear River Skatepark located west of town behind the Routt County Justice Center.

### **Beginning Skateboard**

**Cost: \$150 per session or \$360 for all three sessions**

This program is for the athlete who has limited or no experience in skateboarding. These programs focus on fundamental concepts such as balance, turning and pushing. Athletes use basic techniques to roll over common features in the skatepark.

<b>Program</b>	<b>Meeting Days</b>	<b>Meeting Times</b>	<b>Location</b>	<b>Dates</b>
<b>Skateboard Beginner Session #1 Group 1</b>	<b>Mon &amp; Thurs</b>	<b>8:45am – 10:15am</b>	<b>Bear River Skatepark</b>	<b>June 16 – July 3</b>
<b>Skateboard Beginner Session #1 Group 2</b>	<b>Mon &amp; Thurs</b>	<b>10:30am – 12pm</b>	<b>Bear River Skatepark</b>	<b>June 16 – July 3</b>
<b>Skateboard Beginner Session #2 Group 1</b>	<b>Mon &amp; Thurs</b>	<b>8:45am – 10:15am</b>	<b>Bear River Skatepark</b>	<b>July 14 – July 31</b>
<b>Skateboard Beginner Session #2 Group 2</b>	<b>Mon &amp; Thurs</b>	<b>10:30am- 12pm</b>	<b>Bear River Skatepark</b>	<b>July 14- July 31</b>
<b>Skateboard Beginner Session #3 Group 1</b>	<b>Mon &amp; Thurs</b>	<b>8:45am- 10:15am</b>	<b>Bear River Skatepark</b>	<b>Aug 4-Aug 21st</b>
<b>Skateboard Beginner Session #3 Group 2</b>	<b>Mon &amp; Thurs</b>	<b>10:30am- 12pm</b>	<b>Bear River Skatepark</b>	<b>Aug 4-Aug 21</b>

- *Program is geared towards skateboarders ages 6-12 with little or no skateboard experience*
- *Helmets are required for participation. Elbow, knee and wrist guards are highly recommended*
- *Participants need their own skateboards and equipment*

## **Skateboard Intermediate**

The intermediate program is for kids ages 8-14 who have some experience in the skatepark. They should be able to stand on the board, push around and over some common obstacles in a skatepark such as banks, ledges and quarterpipes. We will focus on using those basic skills to start learning easy tricks in the park.

**Cost: \$150 per session or \$360 for all three sessions**

**\*\* Requires make up day due to holiday (Wednesday, July 2nd)**

<b>Program</b>	<b>Meeting Days</b>	<b>Meeting Times</b>	<b>Location</b>	<b>Dates</b>
<b>Skateboard Int **Session #1 Group 1</b>	<b>Tues and Fri</b>	<b>8:45am – 10:15am</b>	<b>Bear River Skatepark</b>	<b>June 17 – July 2</b>
<b>Skateboard Int **Session #1 Group 2</b>	<b>Tues and Fri</b>	<b>10:30am – 12pm</b>	<b>Bear River Skatepark</b>	<b>June 17 – July 2</b>
<b>Skateboard Int Session #2 Group 1</b>	<b>Tues and Fri</b>	<b>8:45am – 10:15am</b>	<b>Bear River Skatepark</b>	<b>July 15– Aug 1</b>
<b>Skateboard Int Session #2 Group 2</b>	<b>Tues and Fri</b>	<b>10:30am- 12pm</b>	<b>Bear River Skatepark</b>	<b>July 15- Aug 1</b>
<b>Skateboard Int Session #3 Group 1</b>	<b>Tues and Fri</b>	<b>8:45am- 10:15am</b>	<b>Bear River Skatepark</b>	<b>Aug 5 - Aug 22</b>
<b>Skateboard Int Session #3 Group 2</b>	<b>Tues and Fri</b>	<b>10:30am- 12pm</b>	<b>Bear River Skatepark</b>	<b>Aug 5- Aug 22</b>

- *Program is geared towards skateboarders ages 8-14 who have some experience in skateparks*
- *Helmets are required for participation. Elbow, knee and wrist guards are highly recommended*
- *Participants need their own skateboards and equipment*

## Skateboard Travel Team

The skateboard travel team is for the athlete who has experience in the skatepark. These camps are for athletes ages 10-14 with the ability to skate quarterpipes, banks and rollers. Minimum of 5 athletes needed per trip. Cost includes 3 day trips to either Vail, Arvada, or Silverthorne.

**Cost: \$185 per trip (van travel included)**

<b>July 9th</b>	<b>Edwards/Vail</b>
<b>July 23rd</b>	<b>Silverthorne</b>
<b>August 13th</b>	<b>Arvada</b>

- *Helmets are required for participation. Elbow, knee and wrist guards are highly recommended*
  - *Participants need their own skateboards and equipment*
  - *Participants need a lunch, water, snacks, and sunscreen*
- \* More info week prior to each trip**

## Telemark Summer Training

8 weeks June 30<sup>th</sup> through August 22<sup>nd</sup>

**Two jump sessions per week and two roller skiing sessions. Specific times to be determined by June 1st.**

**Contact Ty for more information.**

Program	Meeting Days	Meeting Times	Location	Dates and Cost
<b>Telemark Summer Training</b>	<b>Tues - Fri</b>	<b>8:45am – 10:45am</b>	<b>Howelsen Hill</b>	<b>June 30 – Aug 22 \$400 deposit toward 2014/15 fees</b>

# **2014 SSWSC CROSS COUNTRY SUMMER TRAINING PROGRAMS**

XC summer training programs have been developed to enhance fitness levels specific to XC ski racing. For summer 2014, there are several training options to accommodate different schedules and ages.

**For More Information on XC Training Programs, Please Contact:**

Brian Tate    XC Program Director            C: 970-734-7678            briantate92@gmail.com  
 Josh Smullin    XC Ability Head Coach            C: 541-848-9815            jrsmullin@yahoo.com

## **Cross Country Development**

This program offers an introduction to roller skiing and is designed for cross country development athletes. This training will focus on exposure to roller skiing with emphasis on skill development. No prior roller skiing experience is required. For Development athletes there is the opportunity to enroll in the SSWSC Strength + Conditioning Program detailed at the end of the Program Guide. Choose 2 x per week from the Strength+Conditioning schedule.

*Required equipment: chest high ski poles, bike helmet, skate length ski poles, gloves, water bottle*

<b><u>Program</u></b>	<b><u>Dates</u></b>	<b><u>Location</u></b>	<b><u>Days</u></b>	<b><u>Times</u></b>	<b><u>Cost</u></b>
<b><u>XC Development</u></b>	6/26 – 8/15	Howelsen Hill	Thursday (roller ski)	4:00- 6:00	\$150

## **Cross Country Age Class**

This program offers an 1 x per week roller ski session to establish a foundation of solid XC ski technique. For Age Class athletes, we highly recommend enrolling in the SSWSC Strength + Conditioning Program detailed at the end of the Program Guide. Choose 2-3 X per week from the Strength+Conditioning schedule.

*Required equipment: helmet, skate roller skis, skate length poles with roller ski tips, a neon shirt, water bottle*

<u>Program</u>	<u>Dates</u>	<u>Location</u>	<u>Days</u>	<u>Times</u>	<u>Cost</u>
<u>XC Age Class</u>	6/19 – 8/21	Howelsen Hill	Thursday (roller ski)	4:00 – 6:00	\$150

## **Cross Country Ability Training – Full Program**

(Full Program-4 sessions per week Spring/ 7 sessions per week Summer)

This program is appropriate for athletes who are dedicated to improving their fitness levels and ski technique during the spring/summer months (U16 age group and older). Training is centered on development of aerobic fitness, strength gain and technique, speed, agility, and XC technique. Activities include running, road biking, hiking, roller skiing, strength training, and plyometrics. A proven formula for competitive success, is consistent training through the spring, summer, and fall. Summer training volume is greater due to additional free time. Participants are encouraged to attend as many sessions as possible.

*Required equipment: skate roller skis, classic roller skis, neon shirt, skate poles with roller ski ferrules, classic poles with roller ski ferrules, chest high poles for ski hiking, running shoes, water pack, Road bike, helmet- must be worn biking and roller skiing, wrist watch, heart rate monitor.*

## **Cross-Country Ability Training**

**(Four Sessions per week/Summer only)**

This program is appropriate for athletes who are balancing other activities during the summer months. Training is centered on overall fitness as well as development of power, strength, speed, agility and technique. Activities include running, mountain biking, hiking, roller skiing, plyometrics, and strength training.

*Participants pick up to 4 sessions per week from the Ability training schedule.*

- *Required equipment: skate roller skis , classic roller skis, skate poles with roller ski tips, classic poles with roller ski tips, chest high poles for ski bounding, running shoes, water pack, Mt. bike, helmet (must be worn biking and roller skiing), wrist watch, heart rate monitor.*

## **Cross Country Ability Training**

**(Twice per week/Summer only)**

This training schedule is offered to XC athletes who have dedicated the summer months to other sports or activities and want to make strength/endurance gains through the summer.

*Participants pick up to 2 sessions per week from the Ability training schedule.*

- *Required equipment: see above list*

### **Training schedule and fees**

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>XC Ability-Spring Training</b>	<b>4/28-6/11</b>	<b>Howelsen Hill</b>	<b>Mon, Wed, Thu, Fri</b>	<b>4:00 – 6:00pm</b>	<b>\$500 Spring</b>
<b>XC Ability-Summer Training</b>	<b>6/16–8/22</b>	<b>Howelsen Hill</b>	<b>Mon Tue-Fri  Wed - Tnu</b>	<b>7:30 – 1:00 pm 7:30 – 10:00 am  4:00–5:30 pm</b>	<b>\$1,450 Spring &amp; Summer \$1,050 Summer only \$825 4 x Sessions/week \$430 2 x Sessions/week</b>

**Above fees include all coaching, but does not include camp trips- travel, lodging, and food.**

**SSWSC SKI JUMPING & NORDIC COMBINED**  
**SUMMER PROGRAMS:**

**JUMPING/NORDIC COMBINED CONDITIONING AND  
TRAINING CAMPS**

These training programs have been developed to enhance fitness levels specific to ski jumping/Nordic combined and to make positive adjustments to technique. For summer 2014, there are several training options to accommodate different ages, levels of interest, commitment and busy summer schedules. Training camps will also be scheduled throughout the summer including trips to Park City for plastic jumping. Camp dates can be found at the end of this section. Any Nordic Combined athlete NOT in a full time summer training program may attend any plastic camp but will be charged a daily coaching fee in addition to camp expenses.

For More Information on these Training Programs, Please Contact:

Todd Wilson - Program Dir./Age Class Coach:      (970)-879-0695x112  
[jumptodd@yahoo.com](mailto:jumptodd@yahoo.com)



## **Development Jumping/Nordic Combined Summer Training Program**

This program is designed for the younger athlete, U10 & U12 (8 -11). Athletes will experience personal growth while developing a foundation of jumping and X-C skills needed in the winter season. Sessions will focus on jumping on plastic, agility, strength & technical drills and endurance adventures around Steamboat. Participants must be willing and able to participate in active adventures that last an hour to an hour and a half.

- *Required equipment: hiking and running shoes, mountain bike, helmet and necessary equipment, clothes for all weather conditions, a change of clothes, liquid replacement for all activities, sun protection (lotion, hat, sunglasses).*
- *Jumping equipment fees are included in the pricing.*
- *Camps; jumping camps to Park City will be offered. See camp dates below. Summer training fees do not include camp coaching, travel, food or lodging.*
- *The first week of training will take place after school – 4:00 – 6:00PM*

<b><u>Program</u></b>	<b><u>Dates</u></b>	<b><u>Location</u></b>	<b><u>Days</u></b>	<b><u>Times</u></b>	<b><u>Cost</u></b>
<b>DEV J/NC by the Week</b>	<b>6/9 – 7/11 7/21 – 7/25 8/4 - 8/18</b>	<b>Howelsen Hill</b>	<b>M, W, F (Jump) Wed (Endurance)</b>	<b>7:30 – 9:30 10:00 – 11:30</b>	<b>\$130/week</b>
<b>DEV J/NC Block #1 (Five Weeks)</b>	<b>6/9 – 7/11</b>	<b>Howelsen Hill</b>	<b>M, W, F (Jump) Wed (Endurance)</b>	<b>7:30 – 9:30 10:00 – 11:30</b>	<b>\$450</b>
<b>DEV J/NC Block #2 (Three Weeks + One Day)</b>	<b>7/21 – 7/25 8/4 - 8/18</b>	<b>Howelsen Hill</b>	<b>M, W, F (Jump) Wed (Endurance)</b>	<b>7:30 – 9:30 10:00 – 11:30</b>	<b>\$300</b>
<b>DEV J/NC Both Blocks (Eight Weeks)</b>	<b>6/9 – 7/11 7/23 – 8/22</b>	<b>Howelsen Hill</b>	<b>M, W, F (Jump) Wed (Endurance)</b>	<b>7:30 – 9:30 10:00 – 11:30</b>	<b>\$575</b>

## Age Class Jumping/Nordic Combined Summer Training Program

This program is designed for the U14 & second year U12 (11-13) athlete that intends on being in the Age Class J/NC program next winter. Athletes will experience personal growth while developing a solid base of jumping and XC skills needed in the winter season. Sessions will focus on jumping on our HS45 and HS75 plastic jumps, strength & technical drills and endurance adventures around Steamboat. Participants must be willing and able to participate in active adventures that last two to four hours.

- *Athletes are required to be able to jump at least the HS45 jump for jumping sessions.*
- *Required equipment: Hiking and running shoes, mountain bike, helmet and necessary equipment, roller skiing equipment w/reflective vest, clothes for all weather conditions, a change of clothes, liquid replacement for all activities, sun protection (lotion, hat, sunglasses).*
- *Jumping equipment fees are included in the pricing.*
- *Cost includes camp coaching fees for all camps; does not include camp travel, food or lodging.*
- *The first week of training will take place after school 4:00 – 6:00PM*

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>AC NC By The Week</b>	<b>6/9 – 7/11 7/21 – 8/23</b>	<b>Howelsen Hill</b>	<b>M, W, F (Jump) T (Endurance) M, W (Strength) F (Endurance)</b>	<b>7:30 – 9:30  7:30 – 12:00  10:00 – 11:00  10:00 – 12:00</b>	<b>\$230/week Jump only fee: \$170</b>
<b>AC NC Block #1 (Five Weeks)</b>	<b>6/9 – 7/11</b>	<b>Howelsen Hill</b>	<b>M, W, F (Jump) T (Endurance) M, W (Strength) F (Endurance)</b>	<b>7:30 – 9:30  7:30 – 12:00  10:00 – 11:00  10:00 – 12:00</b>	<b>\$770 Jump only fee: \$500</b>

<b>AC NC Block #2 (Five Weeks)</b>	<b>7/21 – 8/23</b>	<b>Howelsen Hill</b>	<b>M, W, F (Jump) T (Endurance) M, W (Strength) F (Endurance)</b>	<b>7:30 – 9:30 7:30 – 12:00 10:00 – 11:00 10:00 – 12:00</b>	<b>\$770 Jump only fee:\$500</b>
<b>AC NC Both Blocks (Ten Weeks)</b>	<b>6/9 – 7/11 7/21 – 8/23</b>	<b>Howelsen Hill</b>	<b>M, W, F (Jump) T (Endurance) M, W (Strength) F (Endurance)</b>	<b>7:30 – 9:30 7:30 – 12:00 10:00 – 11:30 10:00 – 12:00</b>	<b>\$1,035 Jump only fee: \$650</b>

## Ability Jumping/Nordic Combined Summer Training Program

This program is designed to expand upon previous skills and further develop the athletes' physical potential for success in the competitive season and is also designed for athletes that have other interests or work during the summer months. This program is more in depth than the Age Class (above) program but not as intense as the Ability-Plus (below) program. Participation helps create a solid physical and technical foundation for the winter season.

- *Program is for U17 Athletes ages 14 - 16.*
- *Required equipment: jump equipment, running shoes, heart rate monitor, roller skiing equipment & reflective vest and mountain bike equipment.*
- *Jumping Equipment rental fees additional*
- *Cost includes camp coaching fees for all camps; does not include camp travel, food or lodging.*
- *The first week of training will take place after school – 4:00 – 6:00PM*

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b><u>NC/XC Ability-Spring Training</u></b>	<b><u>4/28- 6/11</u></b>	<b><u>Howelsen Hill</u></b>	<b>Mon, Wed, Thu, Fri</b>	<b>4:00 – 6:00pm</b>	<b>\$500 Spring</b>
<b>Ability Jumping/Nordic Combined Summer Conditioning</b>	<b>6/9– 8/23</b>	<b>Howelsen Hill</b>	<b>M, W, F, Sa (Jumping) T (Endurance) M, F (Endurance) Thu (Strength &amp; Tech.)</b>	<b>7:30 – 9:30 7:30 – 12:00 10:00–12:00 3:00 – 5:00</b>	<b>\$1610 Jump Only fee: \$950</b>

## Ability-Plus Jumping/Nordic Combined Summer Training Program

This program is designed to complement the winter Ability-Plus program. The training is designed to allow athletes to reach their fullest potential and is our highest program consistent with the USSA National Nordic Combined Pipeline. Training will consist of strength conditioning and jump technique, endurance training, and plastic jump training.

- *Program is for Athletes ages 17 and older*
- *Required equipment: jump equipment, running shoes, heart rate monitor, roller skiing equipment, mountain and road bike equipment.*
- *Cost includes camp coaching fees for all camps; does not include camp travel, food or lodging*

<b>Program</b>	<b>Dates</b>	<b>Location</b>	<b>Days</b>	<b>Times</b>	<b>Cost</b>
<b>Ability-Plus J/NC Spring Training</b>	<b>5/19 – 6/12</b>	<b>Howelsen Hill</b>	<b>Mon, Wed, Thu</b>	<b>3:30 – 5:30</b>	<b>With Summer</b>
<b>Ability-Plus J/NC Summer Training</b>	<b>6/6 – 8/23</b>	<b>Howelsen Hill</b>	<b>M, W, F, Sa (Jumping) T (Endurance) Th (Strength/Tech) M, W, F (Endurance)</b>	<b>7:30 - 9:30 7:30 – 1:00 8:30 – 10:00 5 - 6:30PM</b>	<b>\$2240 jump only fee: \$1,350</b>
<b>Non-Resident Ability-Plus J/NC Training</b>	<b>Same as above</b>	<b>Howelsen Hill</b>	<b>Same as above</b>	<b>Same</b>	<b>\$2700 jump only fee: \$1500</b>

### Jumping & Nordic Combined Summer Training Camps

June 23 - 27	Ability-Plus	Park City, UT
June 30 - July 4	All SSWSC Teams	Steamboat
July 28 - Aug 3	All SSWSC Teams, Springer Tournee	Park City, UT
August 5 - 31	Ability-Plus Athletes	Central Europe
August 20 - 23	All SSWSC Teams	Park City, UT

**STRENGTH & CONDITIONING PROGRAMS**  
**AVAILABLE TO ALL SSWSC DISCIPLINES**

**Summer Conditioning**

**AGES 9 THROUGH 13**

These programs are for SSWSC athletes ages 9-13 who are not participating in another SSWSC summer training program. It is designed around developing sound fundamental skills in body movement, kinesthetic awareness, strength, and improving cardiovascular endurance. A summer strength and conditioning program is fundamental in injury prevention, and on snow skills acquisition.

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Summer Conditioning Ages 12-13</b>	<b>\$450</b>	<b>Choose any 3 sessions per week: Monday 10-11am Monday 11-12pm Tuesday 11-12 pm Wednesday 10-11am Wednesday 12:30-1:30pm Thursday 11:30-12:30pm Friday 11:30am-12:30pm Friday 12:30-1:30pm</b>	<b>June 16 - August 22</b>

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Summer Conditioning Ages 9-11</b>	<b>\$310</b>	<b>Choose any 2 sessions per week: Monday 10-11am Monday 11-12pm Tuesday 11-12 pm Wednesday 10-11am Wednesday 12:30-1:30pm Thursday 11:30-12:30pm Friday 11:30am-12:30pm Friday 12:30-1:30pm</b>	<b>June 16 - August 22</b>

## **SSWSC Strength Center Pass**

This is a strength center pass that may be purchased by any SSWSC alumni who participated with the SSWSC for at least one full competitive season. This is for individual training during the summer months. This is ideal for college student-athletes at home for a few months. This fee helps with covering facility maintenance and new equipment purchases.

- USST members see Dave directly for pass.

<b>Program</b>	<b>Fees</b>	<b>Schedule</b>	<b>Dates</b>
<b>Strength Center Pass Monthly Rate</b>	<b>\$ 40 per month</b>	<b>Schedule of available time slots posted in Strength Center</b>	<b>April 28 - August 20th</b>

**Registration for all programs begins on Monday, April 14<sup>th</sup> at 9am in the SSWSC offices.**

**Enjoy the Spring!!**