Steamboat Springs Winter Sports Club
Summer Program Guide 2019
SSWSC SUMMER 2019 PROGRAM GUIDE

The Steamboat Springs Winter Sports Club offers comprehensive summer programming for more than just winter sport athletes. Summer is a great time for children to sample different sports and to learn new skills. We have mountain bike programs for the first time rider through athletes looking to compete on the high school team. Beginning and intermediate skateboarding programs teach children balance as they learn new tricks and command of their board. We also offer trampoline programs, water ramping, summer nordic jumping, children’s fitness programs, and sport-specific strength and conditioning programs. The diversity of programs offered at the younger ages are designed to help develop physically literate children who have the movement skills and confidence in their abilities to stay physically active for life. Most SSWSC summer programs are open to any child who wants to improve their fitness or skills whether or not they participate in SSWSC winter programs. At the high school and older age groups, these programs are tailored for the motivated ski or snowboard athlete.

Despite our name, the Winter Sports Club has many great programming options all summer long!

Find information on the following programs here:

- Cycling programs (ages 7 & older) – page 3
- Skateboarding programs (ages 6-14) – page 8
- Water ramping (ages 8 & older) – page 9
- Trampoline (ages 8 & older) – page 12
- Children’s fitness (ages 7-14) – page 13
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Notes:
- Program registration will open on Wednesday, May 1, at www.sswsc.org.
- No training on Thursday, July 4.
- Unless specifically noted, ages are based on the athlete’s age on December 31, 2019.
- Programs that do not meet minimum enrollment will be canceled and enrollees will be given full refunds.
Steamboat Bike School

For those interested in developing their fundamental mountain bike skills and becoming a better all-around rider, schedule a session with one of our certified coaches and hone your mountain bike skills. SSWSC’s Steamboat Bike School can cater lessons to beginning through expert riders looking to learn new skills, increase their confidence on the bike, or simply to enjoy the sport like never before. Great for SSWSC athletes, or their parents that are trying to keep up, or friends coming into town who want to enjoy all our great trails. Riders will meet their coach at the Howelsen Hill Lodge and rides will take place on the Emerald Mountain trail network.

Lessons may be scheduled on a space-available basis up to the day before the lesson. 50% refund if canceled 24 hours before lesson, full refund less a $25 scheduling fee for cancellations more than 48 hours before lesson.

For more information, visit www.steamboatbikeschool.com.

Private Lessons with a Master Coach
$65/hour ($45/hr for each additional person up to 3 riders total), minimum 2 hour lesson

Group Lesson (4 or more riders)
$50/hour per rider, minimum of 2 hour lesson

Little Rippers Group Lesson (Ages 5-10, minimum of four riders)
$65 per child, 2 ½ hour lesson

Development Cycling Programs

SSWSC cycling members are eligible for a $10 season pass discount for the Town Challenge Race Series.

Youth Mountain Bike (ages 7-14)

This is a six-week program that promotes safe riding skills 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. Fundamental skills are taught that can be applied to all aspects of cycling. Groups will be organized by age and ability.
Groups will meet at **Steamboat Springs High School**.

Riders must be able to comfortably ride a two wheeler on pavement and non-pavement.

**Minimum equipment requirements:** A bike with gears and handbrakes, a cycling helmet, waterbottle, snack, spare tube (make sure it is the same size as your athlete’s tire). Bike gloves, Camelbak, bike shorts and sunglasses are recommended.

**DATES AND TIMES:**
Wednesdays, June 12 - July 24, 8:30-11:00am (no training - July 3)

**COST:**
$225 if registered by June 1, $250 if register after June 1

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**Bike and Trampoline Combo (ages 8-14)**

This is a six-week program that combines the Youth Mountain Bike Program above with trampoline training at Bald Eagle Lake. This is an excellent combined program for fitness and jumping and acrobatic skills. Athletes will eat lunch after biking, before heading to the tramps in SSWSC vans.

Groups will meet at **Steamboat Springs High School** and need to be picked up at **Bald Eagle Lake**. Participants will eat lunch on the field by the high school.

**Minimum equipment requirements:** Same as above plus athletic wear for trampoline, extra sunscreen and water.

**DATES AND TIMES:**
Wednesdays, June 12 - July 24, 8:30am - 2:00pm (no training July 3)

**COST:**
$495 if registered by June 1, $545 if register after June 1

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**"It’s a Girl Thing" Mountain Bike (6th grade & up)**

This is a seven-week program that teaches middle school and high school girls (based on the upcoming school year) 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 organized by age and ability.

Groups will meet at **Howelsen Hill Lodge**.

Riders must be able to comfortably ride a two wheeler on dirt.

**Minimum equipment requirements:** a 26-29” bike with gears and handbrakes, bike helmet, bike gloves, sunglasses, water, snack, spare tube (the same size as your athlete’s tire!!)

**Beneficial equipment:** Camelbak and bike shorts

**DATES AND TIMES:**
Tuesdays & Fridays, June 11-July 30, 8:30-11:00am

**COST:**
$430 if registered by June 1, $480 if register after June 1
Cycling Adventure Team (ages 9-14)

This is a seven-week program that is for those who are ready for cycling more than one day a week and who are interested in learning more about mountain biking, participating in group rides and with a desire to put in some effort. Groups will ride two days per week. Groups will be broken out by age and ability. Athletes will learn the importance of stewardship and fundamental trail maintenance while working on designated trail work days in addition to the scheduled training sessions. Groups will meet at Howelsen Hill Lodge.

Minimum ability requirements: Comfortably rides a two wheeler on dirt. Some mountain biking experience.

Minimum equipment requirements: A bike with gears and handbrakes, a cycling helmet, bike gloves, sunglasses, water, snack and spare tube (the same size as your athlete’s tire!!) Camelbak and bike shorts recommended.

DATES AND TIMES:
Mondays & Thursdays, June 10 – July 29, 8:30-11:00am
COST:
$430 if registered by June 1, $480 if register after June 1

Competitive Cycling Programs

SSWSC Cycling members are eligible for a $10 season pass discount for the Town Challenge Race Series.

Junior Cycling Team (ages 9-14)

The Junior Cycling Team is for all athletes interested in developing their off-road skills and endurance through participating in group cycling activities and generally learning about competitive cycling. The Junior Team members can race in the Town Challenge MTB Series and will pre-ride the race course with a coach on Tuesdays prior to competition. This group of riders will ride mountain bikes only. Racing is encouraged, but is not required. Athletes will learn the importance of stewardship and fundamental trail maintenance while working on designated trail work days.

Minimum ability requirements: Some mountain 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

DATES AND TIMES:
Tuesdays & Fridays, June 11 - August 9, 8:30-11:00am. Coaching support provided at Wednesday evening race series events.
COST:
$695 if registered by June 1, $745 if register after June 1
**Elite Cycling Team** (ages 14-18)

The Elite Cycling Team is for athletes interested in developing their off-road skills, endurance and competitive prowess through participating in group cycling activities and generally learning about competitive cycling. The Elite Team members will race in the Town Challenge MTB Series as well as other regional races. This group of riders will ride mountain bikes primarily, but might train on road bikes if available. Athletes will start the season with a lactate threshold test to determine their individualized training program. Additional cost could be associated with weekend travel to out-of-town races. The Elite team will spend one day a week in the gym participating in strength training, stretching and core. Athletes will learn the importance of stewardship and fundamental trail maintenance while working on designated trail work days.

**Minimum ability requirements:** Mountain biking experience and desire for physical and mental challenge.

**Minimum equipment requirements:** 26”-29” bike, cycling helmet, cycling gloves, sunglasses, water and spare tube, heart rate monitor, Steamboat Bike Park Pedal pass or downhill pass.

**Beneficial equipment:** CamelBak, bike shorts, clipless pedals

**DATES AND TIMES:**
Monday, Tuesdays, Fridays, June 10 - August 9, 7:30-10:00am. Coaching support provided at Wednesday evening race series events.

Tuesdays: 6:00-7:00pm strength session – SSWSC Strength Center

**COST:**
$975 if registered by June 1; $1,075 if register after June 1

**Enduro Team** (ages 14-18)

*Enduro mountain bike racing* is where the downhills are timed and the uphills are mandatory, but not timed. Riders are timed in stages that are primarily downhill, with neutral "transfer" stages in between. This competitive team is for those that like going downhill fast, but see the value in uphill cycling as part of training. Instead of purely focusing on downhill, this program combines technical and tactical skills that directly apply to enduro racing with the fitness and endurance that complement the sport. Team members will focus some of their training on downhill only trails, but will also blend in cross country cycling fitness, intervals, pump track and strength training. Training is designed to build skills and become more confident on the bike and proficiently ride more technical terrain. Includes coaching at selected races, additional team travel fees and entry fees apply. Athletes will learn the importance of stewardship and fundamental trail maintenance while working on designated trail work days.

**Minimum ability requirements:** Mountain biking experience and desire for physical and mental challenge.

**Minimum equipment requirements:**
Full Suspension All Mountain/Trail Bike (130mil or greater suspension on front and back). Downhill bikes not allowed for races.

Full face helmet & XC helmet, knee pads, eye protection – goggles or sunglasses, full-finger gloves, clipless pedals or flats, flat tire kit/tool kit and tube. Steamboat Bike Park pass required.
DATES AND TIMES:
June 10-August 9
Mondays: 5-7pm SBP (Steamboat Bike Park) (3-5pm until July 1)
Tuesdays: 7:30-10:00am Howelsen Hill (XC training)
Tuesdays: 6:00-7:00pm strength session – SSWSC Strength Center
Thursday: 11:30am-1:30pm SBP

COST:
$975 if registered by June 1, $1,075 if register after June 1

Steamboat High School Mountain Bike Team (9th-12th graders)

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 is not affiliated with CHSAA (CO High School Activities Association). The primary focus of the league is to provide a fun, easy way to involve high school students in the challenging and exciting world of competitive cycling. The training schedule will be determined according to participants’ availability and will be at least two sessions per week.

The season runs August 12-October 20 and will include 4-5 races:
Race #1 August 25 Frisco
Race #2 September 8 Steamboat
Race #3 September 22 Granby
Race #4 October 5 Eagle
Race #5 October 19-20 State Championships in Durango

Coaching Fee: $400
Every member must register as a NICA and CO-MTB member at http://www.coloradomtb.org/, cost $65. Race entry fees $60/race. Additional costs include team jersey and shorts and travel to races.
Skateboarding is a fun activity to enhance balance and coordination for any sport or just to enjoy pushing around the skatepark. Our skateboard programs are designed to provide a supervised, instructional environment that allows kids to learn new skills in a safe and comfortable setting.

The Bear River Skatepark is a concrete skatepark located west of town. Access to the park is via Lagoon Lane just off U.S. 40 behind the Routt County Justice Center.

**Skateboard Beginner** (ages 6-12)

This program is for the child who has limited or no experience in skateboarding. It is focused on teaching fundamental concepts such as balance, turning and pushing. Children learn to use basic techniques to roll over common features in the skatepark.

Helmets are required for participation. Elbow, knee and wrist guards are highly recommended. Participants need their own skateboards and equipment.

**DATES AND TIMES:**
Mondays & Thursdays, 9:00-11:00am
- **Session 1:** June 10-27
- **Session 2:** July 8-25
- **Session 3:** July 29-August 15

**COST:** $250 per session or $625 for all 3 sessions

**Skateboard Intermediate** (ages 8-14)

The intermediate program is for kids 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 quarter pipes. Skaters are working on dropping in on banks on quarter pipes. Our coaches will work with the skaters to focus on using those basic skills to start learning easy tricks in the park.

Helmets are required for participation. Elbow, knee and wrist guards are highly recommended. Participants need their own skateboards and equipment.

**DATES AND TIMES:**
Tuesdays & Fridays, 9:00am - noon
- **Session 1:** June 11-28
- **Session 2:** July 9-26
- **Session 3:** July 30-August 16

**COST:** $375 per session or $925 for all 3 sessions
The Water Ramp Complex at the Bald Eagle Ski Lake is a one-of-a-kind facility. It provides fun summer training for all ability levels. The facility has different jumps consisting of a small jump 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 and acrobatics training. The water ramp facility is the ideal summer training spot for skiers and riders to develop body awareness in the air.

Training programs for the summer of 2019 will consist of set times for various groups of athletes (see programs below).

**Intro to Water Ramping (ages 8 & older)**

First time water ramping and want to see what it’s all about? Our first session of the summer will be specifically geared to young skiers who have never tried the water ramps. Children will get preparation on the trampolines, practice sliding with skis on the mats on the ramps and start with the smallest jumps. Water ramping is a fun way to get on skis in the summer and to improve body awareness, making it a perfect cross training activity. Rental equipment is included and there will be a fit day the week before the start of the session.

**DATES AND TIMES:**
Mondays, June 10-24, 9:30am-12:30pm

**COST:**
$165
Junior Ramp Training U10/U13/U15

Junior training is for skiers ages 8-14. Training will consist of a warm up, gymnastics and trampoline skills, strength/balance activities, and water ramp training. Sessions are designed to complement freestyle winter programming and provide athletes with the acrobatic base required by freestyle skiing, but also serve as excellent cross-training for skiers in other disciplines. Qualified coaches will be leading training to ensure safe and fun progressions and to provide technical training and video feedback.

If your schedule doesn’t allow for participation in full sessions, contact SSWSC Freestyle Director Bobby Aldighieri baldighieri@sswsc.org to work out a plan to maximize your training opportunities.

**Required equipment:** Cross-training shoes, skis with retention straps, boots, wetsuit or drysuit, life jacket/PFD and helmet (with ears covered). A rental package for gear is available for $75 for the summer season.

**Recommended equipment:** Gloves and swimsuit.

**SESSION DATES AND COST:**
All sessions start at 9:30am and end at 12:30pm

**U10**
Session 1: Mondays, June 10, 17, and 24, $160
Session 2: Mondays, July 1, 8, and 15, $160
Session 3: Mondays, July 29 and August 5 and 12, $160
All 3 sessions combined - $400

**U13**
Session 1: Tuesdays & Thursdays, June 11-20, $210
Session 2: Tuesdays & Thursdays, July 2-18, $320  *July 4 session will be moved to July 3
Session 3: Tuesdays & Thursdays, July 30-August 15, $320
All 3 sessions combined - $740

**U15**
Session 1: Mondays, Tuesdays & Thursdays, June 10-20, $320
Session 2: Mondays, Tuesdays & Thursdays, July 1-18, $475  *July 4 session will be July 3
Session 3: Mondays, Tuesdays & Thursdays, July 29-August 15, $475
All 3 sessions combined - $1,100

**Freestyle Senior Water Ramping**

Senior training is for athletes ages 15 and older. Training will consist of stretching, trampoline progressions, balance progressions and water ramp jumping. Qualified coaches will be leading training to ensure safety conscious and fun progressions as well as technical training and video feedback. All training takes place at Bald Eagle Lake.

**DATES AND TIMES:**
Mondays-Thursdays, 8:30am-12:30pm
June 10-August 15
No training on Thursday, July 4, and July 22-26 is a week off

COST:
$1,695 for full summer or $695 per 3-week mini-session (June 10-27, July 1-18, or July 29-August 15)

If your schedule doesn’t allow for participation in full sessions, contact Bobby Aldighieri, SSWSC Freestyle Director, (baldighieri@sswsc.org) to work out a plan to maximize your training opportunities.

High Performance Moguls

Custom scheduling for water ramp sessions beginning in June. Contact Lars Johnson ljohnson@sswsc.org for details on water ramping. For full HP summer programming, see Freestyle section on page 22.

Freeskiing Water Ramping

Freeskiing water ramp sessions are for athletes 12 and older who were on the Freeskiing Junior Team or Senior Team, or another competitive freeskiing team, last season. Training sessions consist of a warm up, stretching, trampoline progressions, balance progressions and water ramp training led by freeskiing coaches. Sessions are at Bald Eagle Lake.

Required equipment: Athletic shoes, water bottle, skis, boots, wetsuit or drysuit, life jacket/PFD, and helmet (with ears covered). Recommended equipment includes gloves and a swimsuit. A rental package for water ramp gear is available for $75 for the summer season.

DATES AND TIMES:
3-day Trampoline only session: June 11-13, Tues/Thurs 10:30am-12:30pm & Wed 10:00am-noon
3-day Mini Session 1: June 18-20; 10:30am-1:30pm
3-day Mini Session 2: June 25-27; 10:30am-1:30pm
Full Session 3: July 8-19; Mondays, Tuesdays, Thursdays & Fridays; 4:00-7:00pm
3-day Mini Session 4: July 30-August 1; 10:30am-1:30pm

COST:
3-day Trampoline Session: $120
Mini Sessions 1,2 & 4: $175 per session
Full Session 3: $450
$995 for all sessions
Trampoline (ages 8 and older)

Trampoline is a great tool for any sport in air awareness and trick progression. Athletes will learn the importance of warm up, tumbling, fundamentals of bouncing, trick progressions and stretching from our snowboard coaching staff. Sessions meet at the Bald Eagle Lake Water Ramp facility and practice on our three in-ground trampoline beds.

Required equipment: Athletic shoes, athletic wear, water bottle and sunscreen

DATES AND TIMES:
Tuesdays and Thursdays, 2:00-4:00pm
Session 1: June 11-27
Session 2: July 9-25
Session 3: July 30-August 15

COST: $240 per session or $600 for all three sessions

Bike and Trampoline Combo (ages 8-14)

This is a six-week program that combines the Youth Mountain Bike Program with trampoline training at Bald Eagle Lake. See details in the Mountain Bike section.
CHILDREN’S FITNESS

FunFit (ages 10-14)

FunFit is a program designed around developing sound fundamental skills in body movement, kinesthetic awareness, strength, and improving cardiovascular endurance for aspiring athletes ages 10-14. Summer strength and conditioning is essential for injury prevention and on-snow skills acquisition for winter sports athletes. Participants choose from five available timeslots and will attend on the days they have signed up for (no changing from week to week). It is understood that participants may not be able to make all sessions due to vacations and other commitments; this is built into the pricing. Sessions do fill, so register early to get the times you want!

DATES AND TIMES:
June 17 - August 16
Mondays 10:30-11:30am or 11:30am-12:30pm
Wednesdays 10:30-11:30am or 11:30am-12:30pm
Fridays 10:30-11:30am

COST*:  
1 session per week: $175
2 sessions per week: $350
3 sessions per week: $525

Ages 10-11 – Recommend two sessions per week
Ages 12-13 – Recommend three sessions per week

*The full amount paid for FunFit will be credited toward winter program fees if the athlete participates in a full season of 2019/20 competitive winter programming (does not include programs listed under youth in the winter guide).

STRENGTH AND CONDITIONING

High School Summer PE

SSWSC and Steamboat Springs High School are again offering the opportunity for athletes enrolled in their discipline’s summer training program to concurrently receive PE credit if they will be a sophomore, junior or senior in the fall. This can help free up schedules to better accommodate winter training and competition, as well as eliminate the physiological conflict of trying to train and compete in the winter while taking a PE class. SSWSC athletes will log their summer training weekly, and must
report a minimum of 50 hours during the course period from June 5 through August 16 to receive credit for the class. This program will be supervised by the SSWSC Strength and Conditioning Director but trainings will take place with the athlete’s coach during regularly scheduled training sessions.

The cost for this course is $50, in addition to your discipline's normal SSWSC summer program fees (see sport sections later in this guide), and you must select the Summer PE option when you register for your summer programming. Do not register with the High School. The high school suggests that most SSWSC athletes hold off on taking advantage of this opportunity for PE credit until they are upperclassmen, check with your school counselor with questions about credits.

NOTE: In order to take the credit while training with your discipline YOU MUST REGISTER FOR YOUR SSWSC SUMMER PROGRAM.

SSWSC Strength Center Pass

This is a strength center pass that may be purchased by any former SSWSC athlete who participated with the SSWSC for at least one full competitive season. This is for individual training during the summer months, during unscheduled hours. This is ideal for college student-athletes at home for a few months. U.S. Ski & Snowboard Team members see Deanna directly for pass. A schedule of available time slots is posted in the Strength Center.

COST: $60 per month

These training programs have been developed to enhance fitness levels specific to ski jumping and nordic combined (J/NC) and to make positive adjustments to technique. There are several training options to accommodate different ages, levels of interest, commitment and busy summer schedules. Training camps are scheduled throughout the summer including trips to Park City for plastic jumping on a broader range of jumps. J/NC athletes not in a fulltime, season-long summer J/NC training program may attend any plastic camp but will be charged a daily coaching fee and equipment charges in addition to camp expenses. Camp details are available prior to each camp through our website or our coaching staff.

For more information on these training programs, please contact:
Todd Wilson - Program Director and U10 J/NC Head Coach twilson@sswsc.org
Josh Hanson – U12 J/NC Head Coach jhanson@sswsc.org
Garrett Fisk – U14 J/NC Head Coach gfisk@sswsc.org
Karl Denney - U16/U18 J/NC Head Coach kdenney@sswsc.org
U10 Jumping & Nordic Combined Summer Training Program

This program is designed for jumping or nordic combined athletes ages 7 to 9. Athletes will experience personal growth while developing a foundation of jumping and/or cross country skills needed in the winter season. Sessions focus on jumping on plastic, agility, flexibility, strength and technical drills and endurance adventures around Howelsen Hill. Participants must be willing and able to participate in active adventures that last up to two hours. Each dryland session will include some specific technique coaching for jumping. Full summer and weekly registration options offered to work with family schedules. On Tuesdays and Wednesdays, the bump jump will be set up on the landing hill to accommodate a broader range of abilities to involve more kids in summer ski jumping.

Required equipment: Running shoes, athletic clothing for all weather conditions, liquid replacement for all activities, sun protection (lotion, hat, sunglasses).

DATES AND TIMES:
June 11 - August 15 (10 weeks)
8:00-10:00am Tuesdays & Wednesdays (jump or bump), Thursdays (dryland)

COST:
All 3 days/week option: $985 or $135/week
Choose 2 days/week option: $735 or $95/week
Choose 1 day/week option: $470 or $55/week

HH jump hill and lift fees are included in the pricing. The two and three days/week option for the full summer includes camp coaching fees for both Park City camps (see page 17), but does not include camp travel, food or lodging, jump hill fees, competition entry fees or shared coaches’ expenses. Full summer options include jumping equipment rental including suit. Fees are not pro-rated for vacations, etc. Time off is already built into the full season fees. If families are gone for an extended period or if the child has a conflict with the training schedule they can sign up for individual weeks.

U12 Jumping & Nordic Combined Summer Training Program

This program is designed for jumping or nordic combined athletes ages 10 to 11 or that plan on being in the U12 J/NC program in the winter. Athletes will experience personal growth while developing broader foundation of jumping and/or cross country skills needed in the winter season. Sessions will focus on jumping on plastic, agility, flexibility, strength and technical drills and endurance adventures around Howelsen Hill. Participants must be willing and able to participate in active adventures that last up to two hours. Each dryland session will include some specific technique coaching for jumping. Full summer and weekly registration options offered to work with family schedules. On Tuesdays and Wednesdays, the bump jump will be set up on the landing hill to accommodate a broader range of abilities so that more kids can be involved with summer ski jumping. U12 ski jumping and nordic combined athletes are also encouraged to sign up for a Monday or Friday FunFit session (see page 13).

Required equipment: Running shoes, athletic clothing for all weather conditions, liquid replacement for all activities, sun protection (lotion, hat, sunglasses).
DATES AND TIMES:
May 28* - August 15 (12 weeks)
8:00-10:00am Tuesdays & Wednesdays (jump), Thursdays (dryland)
*Prior to June 6 training sessions will take place from 4:00-6:00pm Tuesday-Thursday.

COST:
3-day/week option (choose any 3 days): $1,175 or $135/week
2-day/week option (choose any 2 days): $875 or $95/week

HH jump hill and lift fees are included in the pricing. Full summer program options include camp coaching fees for both Park City camps (see page 17), but do not include camp travel, food or lodging, jump hill fees, competition entry fees or shared coaches’ expenses. Full summer options include jumping equipment rental and suit. Fees are not pro-rated for vacations, etc. Time off is already built into the full season fees. If families are gone for an extended period or if the child has another conflict then they can sign up for individual weeks if that is a better option.

U14 Jumping/Nordic Combined Summer Training Program

This program is designed for the athlete that intends on being in the U14 J/NC program next winter. Athletes will experience personal growth while developing a solid base of jumping and cross country skills needed in the winter season. Jump sessions will focus on HS45 landing bump jump, HS45 and HS75 plastic jumps. Dryland will focus on strength, technical drills, flexibility, agility and endurance adventures around Steamboat. Participants must be willing and able to participate in active adventures that last two to four hours.

Required equipment: Hiking and running shoes, mountain bike, helmet and necessary equipment, roller blades & roller skiing equipment with reflective vest or neon shirt, heart rate monitor (recommended), clothes for all weather conditions, a change of clothes, liquid replacement for all activities, sun protection (lotion, hat, sunglasses).

DATES AND TIMES:
May 20* - August 16 (13 weeks)
Mondays (endurance) 7:30-10:00am
Tuesdays, Wednesdays and Fridays (jumping) 7:30-10:00am
Wednesdays and Fridays (FunFit) 10:30-11:30am
Thursdays (roller ski, NC only) 8:00-10:00am
*Training prior to June 6th will take place from 4:00-6:00pm Monday-Friday.

COST:
Jumping/Nordic combined (all days): $1,860 or $245 per week
Jumpers only (all days except Thursdays): $1,580 or $225 per week

Registration for FunFit sessions on Wednesday and Friday at 10:30 is included in the program.
Jumping equipment, jumping suit, HH jump hill and lift fees are included in the pricing. Cost includes camp coaching fees for all camps (see next page); does not include camp travel, food or lodging, jump hill fees, competition entry fees or shared coaches’ expenses.
U16/U18/U20 Jumping/Nordic Combined Summer Training Program

This program is designed to complement the winter U16/18/20 program and is designed to expand upon previous skills and further develop the athletes’ physical potential for success in the competitive season. It is also designed for athletes who have other interests or work during the summer months. The training is designed to allow athletes to reach their fullest potential and is our highest program consistent with the USA Nordic national jumping and nordic combined pipeline. Training will consist of strength and conditioning, jump technique, endurance training, flexibility, agility, balance, coordination and plastic ski jumping. This program is designed for athletes ages 14 and older.

**Required equipment:** Ski jumping gear, running/hiking shoes, heart rate monitor and watch, roller blades & roller skiing equipment (skate only) with reflective vest or neon shirt and road bike & necessary equipment. Liquid replacement for all activities, sun protection (lotion, hat, sunglasses).

**DATES AND TIMES:**

May 13* - August 16 (14 weeks)
Mondays NC (endurance over distance) 7:30-10:30am
Tuesdays, Wednesdays and Fridays (jumping) 7:30-10:00am
Tuesdays 10:00-11:00am and Thursdays 4:00-5:30pm (strength/technique)
Tuesdays 4:00-5:30pm (balance)
Thursdays (endurance/technique) 7:30-10:00am
*Training prior to June 6 will be from 4:00-6:00pm, Monday through Friday.

**COST:**

Jumping/Nordic combined (all sessions): $2,450 residents, $2,940 non-residents
Special Jumping: $2,250 residents, $2,700 non-residents

**Jumping equipment fees are not included in the pricing. Rental is available for an extra fee. HH jump hill and lift fees are included in the pricing. Cost includes camp coaching fees for all camps and projects through August, but does not include camp travel, food or lodging, jump hill fees, competition entry fees or shared coaches’ expenses.**

**Jumping & Nordic Combined Summer Training Camps**

| June 17-23 | Summer Solstice Camp (USANS-all ages) | Anchorage, AK |
| June 24-30 | Jr. National Team (USANS) | Coleraine, MN |
| June 28-July 4 | HS45 & HS75 | Steamboat Springs |
| July 22-28 | U10 & older, Springer Tournee | Park City, UT |
| August 5-26 | Jr. National Team (USANS) | Central Europe |
| August 12-17 | U10 & older, Flight Camp | Park City, UT |
| August 15-26 (tentative) | U14 & older, FIS Youth Cup | Europe, TBA |
| August 19 | All SSWSC Teams, End of Summer Party | Water Ramps |
Cross country summer training programs have been developed to enhance fitness levels specific to cross country ski racing. There are several training options to accommodate different schedules and ages. Younger athletes are encouraged to stay fit trying a variety of other activities offered by the club such as mountain biking and by being active with their families and friends.

For more information on cross country training programs, please contact:
Brian Tate: XC Program Director  C: 970-734-7678 btate@sswsc.org
Josh Smullin: XC Ability Head Coach  C: 541-848-9815 jsmullin@sswsc.org

Cross Country U12 & U14

U14 and younger athletes are encouraged to participate in the many SSWSC summer programming options such as mountain biking, trampoline and FunFit to stay active and healthy. Using the summer to sample these programs is ideal for the physical development of a cross country skier, learning important skills such as balance, agility, coordination, strength, endurance and confidence, while enjoying the outdoors. Running and hiking are activities that remain in the repertoire of a cross country athlete, throughout their career and beyond. The Steamboat Springs Running Series has a number of shorter races available for youth throughout the summer, as does the Mountain Bike Town Challenge Series.

Specific for cross country skiers, the club offers a U12/U14 Mini-Camp this summer. This is a three day camp that introduces the U12/U14 athlete to the variety of training forms that make up dryland training for the cross country athlete: hiking, running, roller skiing, biking, and strength. A good fitness base is suggested for participation in the camp. This can be accomplished by participating in the activities and programs suggested above.

U12/U14 Cross Country Mini-Camp

Required equipment: Bike helmet, skate roller skis, skate length poles with roller ski tips, lightweight gloves, a neon shirt, water bottle, day pack, running shoes and mountain bike.

*Team roller skis and poles can be borrowed for the roller ski session.

DATES AND TIMES:
Monday, 7/29: AM session: 7:30-2:00 (longer mountain hike)  PM session: Off/rest
Tuesday, 7/30: AM session: 7:30-10:00 (roller ski)  PM session: 3:30-5:00 (run, strength, game)
Wednesday, 7/31: AM session: 7:30-11:00 (shorter mtn run)  PM session: 3:30-5:00 (mountain bike ride)

COST: $200
Cross Country U16/U18/U20

These programs are appropriate for U16, U18 and U20 athletes who are dedicated to improving their fitness levels and ski technique during the spring/summer months to prepare for the winter competition season. Training is centered on development of aerobic fitness, strength increases, cross country specific technique improvement, speed development and gains in agility and coordination. Activities include running, road biking, hiking, roller skiing, strength training and plyometrics. A proven formula for competitive success is consistent training throughout the year. Participants are encouraged to attend as many sessions as possible.

Cross Country Spring Training

This athletic program is designed to help the athlete develop a base of fitness that will help them handle larger volume loads in the summer and fall. General conditioning is the focus, with an emphasis on running, strength and road biking. This cross country spring session is appropriate for U16, U18 or U20 athletes from any sport who desire increased fitness levels.

Required equipment: Running shoes, water pack, road bike, helmet must be worn biking and roller skiing, wrist watch, heart rate monitor, and chest high poles for ski hiking. Roller skiing is not a requirement of the spring sessions.

DATES AND TIMES:
Mondays, Wednesdays, Thursdays and Fridays, May 1-June 5, 4:00-6:00pm

COST: $600

Cross Country Summer Training U16/18/20

This is an extensive training program which offers 7 training sessions per week, plus weekend training recommendations. It is a program centered on overall fitness as well as development of power, strength, speed, agility and specific cross country technique. Activities include running, road biking, hiking, roller skiing, plyometrics and strength training.

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, road bike, helmet (must be worn biking and roller skiing), wrist watch and heart rate monitor.

DATES AND TIMES:
June 6-August 19
Mondays 7:30am-afternoon (depending on travel requirements)
Tuesdays-Fridays 7:30-10:00am
Wednesday and Thursday 4:00-5:30pm (double session days)

COST*:
$1,500 (summer program only)
$1,800 (spring and summer programs combined)
$1,100 (four sessions per week – intended for athletes who are balancing other activities during the summer months)

*Fees include daily training plans, all coaching and facility fees, but do not include travel, lodging and meals costs for camp trips or regional day trips.
Alpine Strength & Conditioning

For a deposit on winter 2019/20 alpine competitive program fees the SSWSC alpine athlete can take part in directed and supervised summer strength and conditioning. These programs are designed to give ski racers off-season guidance and coaching in off-snow preparation for winter training, as well as establishing a strong strength and conditioning base for higher intensity training in the fall. Strong and well-conditioned ski racers are able to maintain their technique and a fast racing line in progressively more difficult situations, recover more quickly from long on-snow training and competition days, and decrease the chance of injury. Coaching will focus on proper movement patterns emphasizing a full range of motion. Coaches will work with athletes participating in summer sports to manage their training load while providing appropriate preparation for ski racing. The program will accommodate family vacation. It will be creative, fun, difficult, diverse and build towards the athlete’s racing goals for next season.

SSWSC members who are SSHS students: If you are going to be a sophomore, junior or senior next year, this program may be counted toward PE credit. You must enroll in this program and sign up for the Summer PE option through your SSWSC account. Do not sign up for the class through the high school.

Ages below based on racing age in 2019/20 ski season.

DATES, TIMES AND COST:

Spring Conditioning – U16 through PG
Below are two choices in the spring to accommodate different school schedules for U16-PG. Talk to your coach about which makes more sense for you. You must be enrolled in a summer conditioning program to take part in spring conditioning.
FIS: May 3 - June 3: Monday, Wednesdays and Fridays, 2:00-4:00pm
U16: May 13 - June 3: Monday, Wednesdays and Fridays, 4:00-5:30pm

Summer Conditioning
U19/U21/Post Grad
June 24* - August 16: Mondays 4:00-6:00pm, Tuesdays - Fridays 6:00-8:00am
COST: $1,000 (payment is a deposit for the 2019/20 full winter season competitive program)
*Athletes not attending Mammoth camp check with coach for training plan prior to June 24

U16
June 24 - August 15: Monday, Wednesday, Thursday 8:45-10:15am; Tuesdays 8:45-10:45am
COST: $800 (payment is a deposit for the 2019/20 full winter season competitive program)

U14 & U12
June 17 - August 16
See FunFit section on page 13. U14’s are encouraged to sign up for 3 days per week and U12’s are encouraged to sign up for 2 days per week.
Alpine Summer Ski Camps

Mammoth Prep Camp

Through a well-planned technical/tactical progression, professional coaching, video analysis and timing, athletes will establish a strong technical base that will aid their progress at the start of next season. All meals are served cafeteria style through our Mammoth Mountain lodging partner. Fun off-hill activities and a focus on teamwork round out this camp. This is our flagship camp, and will set the stage for the rest of the summer. Mammoth is an incredible environment both on and off snow. This year we will provide an extended-stay option, adding four on-snow days for U16-FIS athletes.

DATES: U12-U14: June 6-17 (includes travel days) U16 & older: June 6-22
COST: Prices vary based on camp choice and whether the athlete has an IKON pass. Check with Adam Chadbourne achadbourne@sswsc.org for details. Enroll at sswsc.org.

Mount Hood Summer Camp

Mt. Hood offers an incredible environment on and off snow. Lodging, ski pass, lane fees, hill preparation materials, coaching, 4 meals a day, and just about everything we need are all included. For athletes U16 and older. Athletes are expected to have attended the SSWSC Mammoth Prep Camp or a U.S. Ski & Snowboard Regional or National Prep Camp in order to participate in this camp. Contact Adam Chadbourne at 802-274-2595 or achadbourne@sswsc.org if you have questions.

DATES: July 8-21 (includes travel days)
COST: TBD

Additional Camp Opportunities

Late summer and fall camps are also being planned for U16 or older athletes, check with coaches for details.

Freestyle Trampoline and Water Ramping

Trampoline and water ramp training are the core of freestyle summer training. The SSWSC is fortunate to have these facilities close to town at Bald Eagle Lake. Summer long training options are outlined in the Water Ramping section on pages 9-11.
Freestyle Summer Conditioning (ages 15 and older)

The conditioning program is designed to raise the athlete’s fitness levels and advance the athlete’s skiing success. Summer conditioning is an important addition to any athlete’s training plan for both 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. These sessions are designed to work around water ramping schedules.

SSWSC members who are SSHS students: If you are going to be a sophomore, junior or senior next year, this program may be counted toward PE credit. You must enroll in this program and sign up for the Summer PE option through your SSWSC account. Do not sign up for the class through the high school.

DATES AND TIMES:
June 10-August 15
Mondays, Tuesdays and Thursdays 2:30-4:00pm

COST:
$700 (will be used as a deposit for winter program fees if the athlete registers for a full season 2019/20 winter competitive program)

FunFit for U13 and U15

U13’s and U15’s are encouraged to participate in the FunFit strength and conditioning program along with water ramp training in the summer. U13 athletes are encouraged to participate in one or two days of FunFit per week and U15 athletes are encouraged to do two or three days per week depending on water ramping schedules. See FunFit details on page 13.

High Performance Moguls

Year-round programming begins with Strength and Conditioning testing in early May. Program fees are broken into a summer preparation period and a winter program. Summer prep runs from May through August, with winter programming September 1 into April. Summer prep includes spring on-snow camps, water ramping at Bald Eagle Lake, and strength and conditioning. Contact Lars Johnson for more information ljohnson@sswsc.org.

COST: $3,750, includes all individualized coaching through the period, water ramp fees at Bald Eagle Lake, strength and conditioning, and facility fees at Excel Gymnastics. Does not include camp costs for training outside of Steamboat.
Freeskiing athletes are encouraged to participate in trampoline and water ramping sessions and strength, conditioning and body movement mechanics sessions for their age throughout the summer. Check out the evening water ramp session block in July, which provides an opportunity for athletes to participate in session 2 skateboarding (page 8). Water ramp sessions are on pages 9-11. Freeskiers younger than 13 are encouraged to try skateboarding, cycling and/or FunFit.

**Freeskiing Strength & Conditioning Sessions (age 14 and older)**

The conditioning program is designed to raise the athlete’s fitness levels and understanding of how their body mechanics work within the sport of freeskiing. Summer conditioning is an important addition to any athlete’s training plan for both injury prevention and to prepare for the physical demands of freeskiing. The program will be based in core strength and body movement patterns to be creative, fun, difficult, diverse and build towards your goals for next season. These sessions are designed to work around water ramping schedules.

SSWSC members who are SSHS students: If you are going to be a sophomore, junior or senior next year, this program may be counted toward PE credit. You must enroll in this program and sign up for the Summer PE option through your SSWSC account. Do not sign up for the class through the high school. To achieve the 50 hours of logged time with a SSWSC coach, athletes will need to attend at least 3 days a week of training along with one ramp session and one on-snow option, or similar combination, of our summer options. Contact Tony tlodico@sswsc.org to review your plan before signing up.

**DATES AND TIMES:**
June 17-August 8      Monday-Thursday, 2:30-4:00pm (3-day option Mon/Tues/Thurs)

**COST**:  
$700 full program       $600 3-day option  
*S&C fees are used as a deposit toward winter program fees if the athlete registers for a 2019/20 full season SSWSC winter competitive program*

**FunFit (ages 10-13)**

Young freeskiers are encouraged to participate in the FunFit strength and conditioning program along with water ramp training in the summer. Water ramp programs are on page 9. 10 and 11 year olds are encouraged to participate in two days of FunFit per week and 12 and 13 year olds are encouraged to do three days per week. See FunFit details on page 13.
Freeskiing Summer Camps

Aspen X-Games Glacier Freeskiing Camps

The SSWSC Freeskiing team will be taking advantage of the great snow in the X-Games course at Buttermilk. The summer set up has rails, jumps and airbag.

DATES:
June 7-8 (one night)

COST:
TBD, contact Tony Lodico tlodico@sswsc.org if interested.

Utah Olympic Park Ramp Camp

Train at the Utah Olympic Park in Park City on water ramps and air bag. A great way to cap the summer season at a top-notch training venue.

DATES:
August 6-9 (tentative)

COST:
TBD, contact Tony Lodico tlodico@sswsc.org if interested.

NYSSA Summer Camp Junior Counselor

This is a truly unique two week session in upstate New York away from traditional training to spend time as a Junior Counselor working with at-risk youth. Located on Keuka Lake in Western New York, campers are invited by the New York Sheriffs Association to take a week away from home to experience a different way of life. Junior Counselors guide 9-12 year olds through an athletically-based program while developing leadership skills.

Important details: Must be 16-18 to apply. Water comfort and skill sets are preferable. First aid and CPR certification is encouraged.

DATES:
June 30-July 27, preferred session is July 6-20. Contact Tony Lodico (tlodico@sswsc.org) for more details.
Summer conditioning is an important addition to a summer athletic program for injury prevention and to prepare for the physical demands of the sport of snowboarding. It will be creative, fun, difficult, diverse and build towards your goals for next season.

These are some great programs recommended for snowboard summer conditioning:

**Youth Mountain Bike** (check out Bike to Tramps or It’s A Girl Thing): Great way to improve endurance (pages 3-5)

**Skateboarding**: Enhances balance and coordination (page 8)

**Trampoline**: Improves air awareness and trick progression (page 12)

### Strength and Conditioning Sessions

**Ages 14 & older**
June 17 - August 15:  Monday - Thursday, 2:30-4:00pm
Fees: $700 (will count as a deposit for 2019/20 winter competitive program fees)

**Ages 12 and 13**
Choose up to 3 days of FunFit (see page 13)

**Ages 10 and 11**
Choose up to 2 days of FunFit (see page 13)

**Trampoline (ages 8 and older)**

An essential program for snowboarders to work on their air awareness and trick progression. See details on page 12.

### Snowboarding Summer Camps

**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 (HCSC) offer snowboarders two private snowboard parks, 22 foot pipe, bag jumps, numerous rails and jumps and full access to 2020 demo equipment during the camp. Recommended for Junior Ability, Junior Team and Senior Team athletes to attend on their own utilizing the HCSC coaches. Please Contact Tori Koski by email tkoski@sswsc.org or visit www.highcascade.com.