



Steamboat Springs Winter Sports Club Summer Program Guide



Steamboat Springs
WINTER SPORTS CLUB



2017



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 13**
- Children's fitness (ages 7-14) – page 14**
- Strength and conditioning (U16 & older) – page 15**
- Ski jumping and Nordic combined (ages 8 & older) – page 16**
- Cross country – page 19**
- Alpine – page 21**
- Freestyle – page 23**
- Freeskiing – page 25**
- Snowboarding – page 27**

Notes:

- Program registration will open on Monday, May 1, at sswsc.org.
- No training on Tuesday, July 4.
- Unless specifically noted, ages are based on 2017/18 winter season age categories.
- Programs that do not meet minimum enrollment will be canceled and enrollees will be given full refunds.



CYCLING

One Day Mountain Bike Classes

Cancellations must be received at least 72 hours before the class start date to receive a refund, minus a \$10 cancellation fee. A full refund is available if the class is cancelled due to low enrollment.

MTB Fundamental Skill Clinic (all ages)

This is a one-day clinic for those interested in developing their fundamental mountain bike skills and becoming a better all-around rider. If you're looking to learn new skills, increase your confidence on the bike, or simply enjoy the sport like never before this clinic is for you. Skills covered include correct body position, vision, climbing/descending technique, cornering and braking. Pack a lunch and be ready for a fun full day of learning!

Minimum ability requirements: Comfortably rides a two wheeler on dirt and has 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 tire!!) A Camelbak and bike shorts are recommended.

Meet at Howelsen Hill Lodge.

DATES AND TIMES:

Session 1: Friday, June 23 8:30am - 2:30pm
 Session 2: Friday, July 7 8:30am - 2:30pm
 Session 3: Friday, July 21 8:30am - 2:30pm
 Session 4: Friday, August 4 8:30am - 2:30pm
 Session 5: Friday, August 11 8:30am - 2:30pm

COST:

\$99/session for SSWSC members
 \$129/session for non-members

Mini Skill Clinic (5-10 years old) – NEW!

This is an opportunity to put together a small group of your own that works for your schedule. Gather 4-5 friends that are interested in learning more bike skills and give us a call to schedule a small group lesson. Works best if all riders are on similar size wheels.

Clinics will be 3 hours and include Honey Stinger snacks.

Minimum ability requirements: Comfortably rides a two wheeler on dirt and has 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 tire!!) A Camelbak and bike shorts are recommended.

Meet at Howelsen Hill Lodge.

DATES AND TIMES:

Contact Blair Seymour to schedule.
bseymour@sswsc.org or 970.879.0695 x110

COST:

\$50/session for SSWSC members
 \$65/session for non-members

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. The program will teach fundamental skills that can be applied to all aspects of cycling. Groups will be broken down 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 14 - July 26, 8:30-11:00am (no training - July 5)

COST:

\$180 if registered by June 1, \$215 if register after June 1

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 trampolining attire.

DATES AND TIMES:

Wednesdays, June 14 - July 26, 8:30am - 2:00pm (no training - July 5)

COST:

\$400 if registered by June 1, \$480 if register after June 1

"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 will be broken out 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 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 20-August 4, 8:30-11:00am (no training - July 4)

COST:

\$330 if registered by June 1, \$395 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. 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 19 - August 3, 8:30-11:00am

COST:

\$330 if registered by June 1, \$395 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 10-16)

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 13 - August 11, 8:30-11:00am. Coaching support provided at Wednesday evening race series events

COST:

\$645 if registered by June 1, \$775 if register after June 1; includes a team cycling jersey

Epic Rides (ages 13-19) – NEW!

Epic Rides is a NEW program this season for our teens. The focus of the program is to introduce athletes to longer duration rides with a group of friends. Rides will average 20-35 miles each. Epic Rides include, but not limited to: Divide Ride, Honey Stinger Loop, North Routt, and potentially a ride in Winter Park, Granby or Eagle. This program can be an add-on program for those of age or a stand-alone program. Athletes must have a good endurance base and feel comfortable riding for 3-6 hours. It is recommended that athletes ride at least 2x per week to be in shape for an extended ride. Rides will be capped at 11 athletes.

Minimum ability requirements: Comfortable mountain biking all trails on Emerald and desire for physical and mental challenge.

Minimum equipment requirements: 26"-29" mountain bike, clipless pedals, cycling helmet, cycling gloves, sunglasses, water and spare tube (the same size as your athlete's tire!!)

Beneficial equipment: CamelBak, bike shorts

DATES AND TIMES:

Mondays - July 10, 17, 24, 31 & August 7, 14

Times vary based on ride, some require transportation to/from making for longer days.

COST:

\$250 for riders in Junior Cycling Team, \$300 for all others

\$55 for individual rides for Jr Cycling Team, \$65 for individual rides for all others

Additional trail pass fees may be charged for certain rides and rides outside of Routt County will incur a van fee.

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 14- October 22 and will include 4-5 races:

Race #1 August 26 Frisco

Race #2 September 10 Steamboat

Race #3 September 23 Granby

Race #4 October 8 Nathrop

Race #5 October 21-22 State Championships in Eagle

Coaching Fee: \$350

Every member must register as a NICA and CO-MTB member at <http://www.coloradomtb.org/>, cost \$65. Race entry fees \$60 per race. Additional costs include team jersey and shorts and travel to races.



SKATEBOARDING

Skateboarding is a fun summer activity to enhance balance and coordination for any sport or just to enjoy pushing around the skatepark. Our summer skateboard programs are designed to provide a supervised, instructional environment that allow 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, 8:45-10:15am or 10:30am-12:00pm

Session 1: June 12-29 **Session 2:** July 10-27 **Session 3:** July 31-August 17

COST: \$220 per session or \$550 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. 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, 8:45-10:15am or 10:30am-12:00pm

Session 1: June 13-30 **Session 2:** July 11-28 **Session 3:** August 1-18

COST: \$220 per session or \$550 for all 3 sessions



WATER RAMPS

The Water Ramps 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 2017 will consist of set times for various groups of athletes (see programs below). Any athlete enrolled in a training program may participate in any of the open times.

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 12-26, 9:30am-12:30pm

COST:

\$160

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.

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. Water ramp pass included in price during program weeks.

U10

Session 1: Mondays, June 12, 19, and 26, \$135

Session 2: Friday, July 7*, Monday, July 10 and Monday, July 17, \$135 (Start Friday due to holiday)

Session 3: Mondays, July 31 and August 7 and 14, \$135

All 3 sessions combined - \$350

U13

Session 1: Tuesdays & Thursdays, June 13-22, \$180

Session 2: Tuesdays & Thursdays, July 5*-20, \$270 (First week Wednesday due to holiday)

Session 3: Tuesdays & Thursdays, August 1-17, \$270

All 3 sessions combined - \$650

U15

Session 1: Mondays, Tuesdays & Thursdays, June 12-22, \$270

Session 2: Mondays, Tuesdays & Thursdays, July 3-20, \$400 (First week Tues session will be Wed)

Session 3: Mondays, Tuesdays & Thursdays, July 31-17, \$400

All 3 sessions combined - \$975

Water Ramp for Fun & Fitness

The ultimate all-around program for middle school aged athletes! Athletes will have trampoline, gymnastics, and water jump training from 9:30am-12:30pm, break for lunch, then attend FunFit from 1:30-2:30pm on Tuesdays and Thursdays. Morning drop-off will be 9:30 at Bald Eagle Lake Water Ramp Park, pick-up will be 2:30 at Howelsen Hill during the water ramp session dates. Cost includes water ramp programming fees, lunch time supervision and transportation to Howelsen Hill.

Enrollment for the FunFit sessions is summer long. During weeks when the athlete is not in water ramping programs, they will only do FunFit from 1:30-2:30pm at Howelsen Hill. Athletes

enrolled in this program and session 1 for water ramping will be able to attend the afternoon FunFit sessions, but there will not be transportation or supervision between sessions. **There is a minimum enrollment of four for this program.** If less than four sign up, the athletes can still do water ramping and Fun Fit but will not have the transportation option.

See water ramp session dates above. FunFit is for 1:30-2:30pm sessions on Tuesdays & Thursdays.

U13

Session 2: \$620*

Session 3: \$620*

All 3 sessions**: \$1,025*

U15

Session 2: \$750*

Session 3: \$750*

All 3 sessions**: \$1,350*

*Athletes that enroll in SSWSC winter competitive programs in the 2017/18 season will receive a \$320 program credit toward their winter program fees.

**During ramp session #1 there is no transportation to FunFit.

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 12-August 17

No training on Tuesday, July 4, or July 24-27

COST:

\$1,495 for full summer

June 12-29 mini session only: \$625

July 3-20 mini session only: \$575

July 31-August 17 mini session only: \$625

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 June 6. Contact Kate Blamey kblamey@sswsc.org for details on water ramping. For full HP summer programming, see Freestyle section on page 24.

Freeskiing Water Ramping

Freeskiing water ramp sessions are for athletes 12 and older who were on the Freeskiing Junior Team or Senior Team, or 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. Three sessions are offered, 8 ramp days each session.

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.

DATES AND TIMES:

Session 1: June 12, 13, 15, 16, 17, 20, 21 & 22; 10:30am-1:30pm

Session 2: July 10-21; Mondays, Tuesdays, Thursdays & Fridays; 4:00-7:00pm

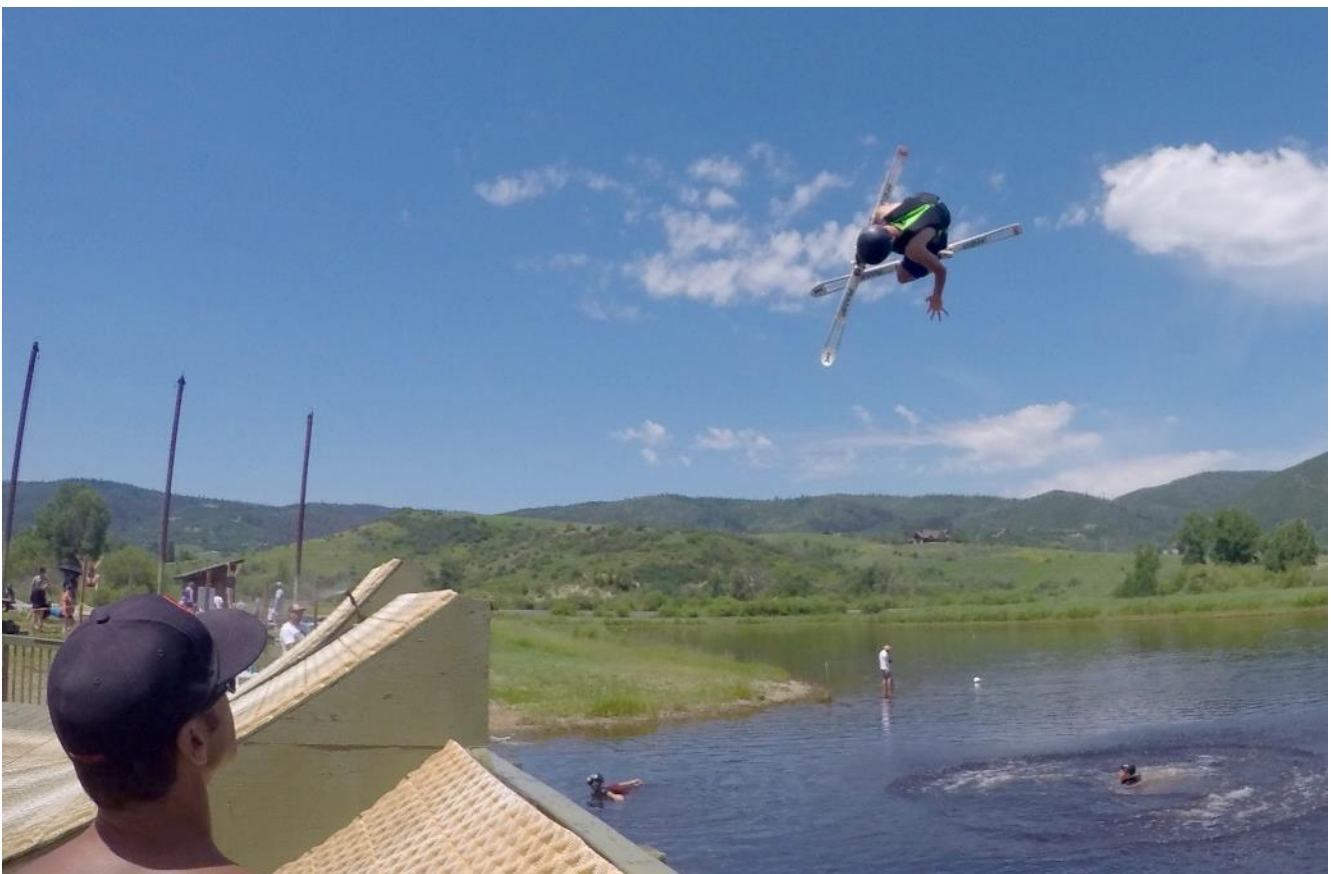
Session 3: August 7-18; Mondays, Tuesdays, Thursdays & Fridays; 10:30am-1:30pm

COST:

\$425 per session

\$825 for two sessions combined

\$1,050 for all sessions





TRAMPOLINE

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 13-29

Session 2: July 11-27

Session 3: August 1-17

COST:

\$190 per session or \$475 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

Active Steamboat Kids (ages 7-9) **–NEW!**

A summer program designed to develop physically literate children ages 7-9 through a fun and active introduction to activities that involve the core physical movements of running, jumping, throwing, kicking, catching, skating, and swimming. Studies have found that children who have ability and confidence in all of these movement skills are more likely to continue to be physically active through their adolescence and into adulthood. Children who participate in multiple sport activities are less likely to sustain injuries in sport than their counterparts who specialize in one sport at an early age. This program helps to provide the foundation that a child needs to enjoy and be successful in any sport, be it skiing or snowboarding; or soccer, tennis, lacrosse, mountain biking, volleyball, hockey, whatever their favorite sport is.

DATES AND TIMES:

Tuesdays, 11:00am-12:30pm, June 20-August 15 (no session July 4), or
Wednesdays, 1:00-2:30pm, June 21-August 16 (no session July 5)

COST: \$160

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 ten 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 19 - August 18
10:30am-11:30am Monday, Wednesday, or Friday
11:30am-12:30pm Monday, Wednesday, or Friday
12:30pm-1:30pm Tuesday or Thursday
1:30pm-2:30pm Tuesday or Thursday

COST*:

1 session per week: \$160
2 sessions per week: \$320
3 sessions per week: \$480
4 sessions per week: \$640

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

*If an athlete participates in 2017/18 competitive winter programming, the amount paid for FunFit will be credited toward their winter fees.

Check out the ultimate summer training opportunity - water ramping and FunFit combined for full days of diverse and fun training (see page 10). This program is not just for freestyle skiers, the gymnastic, acrobatic and air awareness aspects are beneficial for any skier!



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 to receive credit for the class. Contact David Zink (dzink@sswsc.org) for any questions regarding course details.

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.

We are also hosting a separate Summer PE course for NON-SSWSC students, and they will register and pay fees to the High School.

NOTE: In order to take the credit while training with your discipline, YOU MUST REGISTER FOR YOUR SSWSC SUMMER PROGRAM. We highly recommend checking with a high school counselor to verify that you need the high school credit, and if so, register with SSWSC!

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



SKI JUMPING/NORDIC COMBINED

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 full time summer training program may attend any plastic camp but will be charged a daily coaching fee 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 (970)-879-0695 x112

Karl Denney - U16/U18 J/NC Head Coach

Garrett Fisk - U14 J/NC Head Coach

Corby Fisher – U10/12 J/NC Head Coach

twilson@sswsc.org

kdenney@sswsc.org

gfisk@sswsc.org

cfisher@sswsc.org

U10/U12 Jumping & Nordic Combined Summer Training Program

This program is designed for jumping or Nordic combined athletes ages 8 to 11. Athletes will experience personal growth while developing a 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 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.

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

DATES AND TIMES:

U10: June 13 - August 19

U12: May 30* - August 19

Three days/week option:

Tuesdays (dryland) 9:00-10:30am

Wednesdays & Thursdays (jump) 8:00-10:00am

Two days/week option:

Tuesdays (dryland) 9:00-10:30am

Wednesdays (jump or bump jump)
8:00-10:00am**One day/week option:**

Wednesdays (jump or bump jump) 8:00-10:00am

Prior to June 7 training sessions will take place from 4:00-6:00pm.*COST:**

Three days/week option:

U10: \$900 or \$135/weekU12: \$1,075 or \$135/week

Two days/week option:

\$650 or \$85/week\$775 or \$85/week

One day/week option:

\$400 or \$50/week\$470 or \$50/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 18), but does not include camp travel, food or lodging, jump hill fees, competition entry fees or shared coaches' expenses. All full summer options include jumping equipment rental. 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 another sport during the summer then they can sign up for individual weeks if that is a better option for them.

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 skiing equipment with reflective vest or neon shirt, clothes for all weather conditions, a change of clothes, liquid replacement for all activities, sun protection (lotion, hat, sunglasses).

DATES AND TIMES:

May 22* - August 19

Mondays, Wednesdays and Fridays (jumping) 7:30-10:00am

Tuesdays (endurance) 7:30-10:00am

Mondays and Wednesdays (FunFit) 10:30-11:30am

Thursdays (roller ski, NC only) 8:00-10:00am

**Training prior to June 7th will take place from 4:00-6:00pm Monday-Friday.*

COST:

Jumping/Nordic combined (all days): \$1,625 or \$245 per week

Jumpers only (all days except Thursdays): \$1,375 or \$225 per week

Registration for FunFit sessions on Monday and Wednesday at 10:30 is included in the program.

Jumping equipment, HH jump hill and lift fees are included in the pricing. Cost includes camp

coaching fees for all camps (see below); 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 USSA 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: Running shoes, heart rate monitor and watch, roller skiing equipment (skate only) with reflective vest or neon shirt, and road bike equipment.

DATES AND TIMES:

May 15* - August 19 (14 weeks)

Mondays NC (endurance over distance) 7:30-10:30am, SJ Air Awareness/Balance 1:30-3:30

Tuesdays, Thursdays and Fridays (jumping) 7:30-10:00am

Tuesdays and Thursdays (strength/technique) 10:00-11:30am

Tuesdays and Thursdays (endurance/technique) 4:00-5:30pm

Wednesday (intervals) 7:30-9:30am, SJ Balance/Coordination 7:30-9:30am

*Training prior to June 7 will be from 4:00-6:00pm, Monday through Friday.

COST:

Jumping/Nordic combined (all sessions): \$2,225 residents, \$2,670 non-residents

Special Jumping: \$2,000 residents, \$2,400 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, 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 2-4	U16 & older, Testing & Technique Camp	Park City, UT
June 13-20	U14 & older	Coleraine, MN
June 27-July 4	HS45 & HS75	Steamboat Springs
July 24-30	U10 & older, Springer Tournee	Park City, UT
August 14-19	U10 & older, Flight Camp	Park City, UT
August 21	All SSWSC Teams, End of Summer Party	Water Ramps



CROSS COUNTRY

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.

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 U10/U12

U10/U12 athletes are encouraged to participate in the many SSWSC summer programming options such as mountain biking, FunFit (page 14), Active Steamboat Kids (page 14), skateboarding, and water ramping to stay active and healthy. Using the summer to sample these programs is ideal for the development of a cross country skier, learning important skills such as balance, agility, coordination, strength, endurance and confidence, while enjoying the outdoors.

Cross Country U14

Coaches work with athletes in roller skiing to establish a foundation of cross country ski technique. Sessions are scheduled once per week to allow U14 athletes to enroll and participate in other summer programs such as FunFit (page 14) or mountain biking (page 3). Two to three days of FunFit is recommended.

Required equipment: Bike helmet, skate roller skis, skate length poles with roller ski tips, light weight gloves, a neon shirt, water bottle and running shoes.

DATES AND TIMES:

Thursdays, June 22 - July 27, 4:00-6:00pm

COST: \$175

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 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. Recommended equipment: skate roller skis, classic roller skis, neon shirt, skate poles with roller ski ferrules, classic poles with roller ski ferrules. Roller skiing is not a requirement of the spring sessions.

DATES AND TIMES:

Mondays, Wednesdays, Thursdays and Fridays, May 1-June 6, 4:00-6:00pm

COST: \$550

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 7-August 21

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*:

\$1,250 (summer program only)

\$1,600 (spring and summer programs combined)

\$925 (four sessions per week – intended for athletes who are balancing other activities during the summer months)

**Fees include all coaching, but do not include travel, lodging and meals costs for camp trips or regional day trips.*



Alpine Strength & Conditioning

For a deposit on winter 2017/18 alpine competitive program fees, the SSWSC athlete has an assortment of strength and conditioning sessions to choose from. 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 CampMinder. Do not sign up for the class through the high school.

Ages below based on racing age in 2017/18 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.

May 15 - June 2: Monday, Wednesdays and Fridays, 1:00-2:30pm (alpine early workout)

May 15 - June 2: Monday, Wednesdays and Fridays, 4:00-5:30pm (alpine late workout)

Summer Conditioning

U19/U21/Post Grad

June 20 - August 18: Mondays 4:30-6:00pm, Tuesdays - Fridays 6:30-8:00am

COST: \$800 (payment is a deposit for the 2017/18 full winter season competitive program)

U16

June 20 - August 18: Mondays/Wednesdays/Thursdays 8:30-10:00am, Tuesdays 2:00-4:00pm

COST: \$640 (payment is a deposit for the 2017/18 full winter season competitive program)

U14 & U12

June 20 - August 19

See FunFit section on page 14. 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 Mountain June Prep Camp

Mammoth affords tons of terrain on which to ski and train. 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. 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.

DATES: June 7-18 (includes travel days)

COST: \$2,700 full camp with lodging and meals and transportation to/from Steamboat (non-SSWSC athlete cost \$3,500)



New Zealand Summer Prep Camp

New Zealand is the ultimate training environment during the mid-summer months. This will be our first alpine SSWSC camp to the Southern Hemisphere. Lodging, ski pass, lane fees, coaching, breakfast and dinner are all included. We will enjoy roughly 17 days on snow! Athletes are responsible for food on travel days and for their own lunches. We will book group airline tickets (not included in camp cost).

DATES: July 29-August 20 (includes travel days)

COST: \$3,500. Non-SSWSC athlete cost is \$4,200. Airfare is not included.



FREESTYLE

Water ramp and trampoline training in the summer is essential for the development of the freestyle skier. SSWSC offers comprehensive water ramp training options at its Bald Eagle Lake facility. See the water ramp program information on page 9.

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 14 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 (page 13).

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 CampMinder. Do not sign up for the class through the high school.

DATES AND TIMES:

June 12-August 18

Mondays, Tuesdays and Thursdays 2:30-3:30pm

COST:

\$640 (will be used as a deposit if sign up for 2017/18 full season winter competitive programming)

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. There is a combined option that includes transportation from the water ramps to an afternoon FunFit session on Tuesdays and Thursdays (see page 10). U13 athletes are encouraged to participate in two days of FunFit per week and U15 athletes are encouraged to do three days per week. See FunFit details on page 14.

High Performance Moguls

Year-round programming begins with Strength and Conditioning testing on May 4. Program fees are broken into a summer preparation period and a winter program. Summer prep runs from May 4 through August 31, with winter programming September 1 into April. Summer prep includes spring on-snow camps in Colorado, water ramping at Bald Eagle Lake, strength and conditioning and coaching at the HP Perisher On-Snow Camp. Contact Kate Blamey for more information kblamey@sswsc.org.

COST: \$3,000, 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.

Freestyle Summer Ski Camps

Mt Hood On-Snow Jump Camp

To complement our water ramp programming we are running a jump camp in Mt. Hood Oregon. This camp will be the motivation for athletes to get the numbers of jumps completed and their jumps qualified prior to leaving for camp. There will be some skiing/technical work during this camp as well but the focus will be largely jumping. Open to U15-U19 ages.

DATES:

Depart Steamboat July 28. Return Steamboat August 11. 8 days of jumping on snow.

*Other activities include Mountain Biking, going to Hood River for swimming, Strength and Conditioning.

Pricing TBD depending on number of participants. Contact Bobby Aldighieri if interested or for more details baldighieri@sswsc.org.



FREESKIING

Freeskiing athletes are encouraged to participate in trampoline and water ramping sessions and strength and conditioning 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 9-12. 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 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 CampMinder. Do not sign up for the class through the high school.

DATES AND TIMES:

June 19-August 17 Monday-Thursday, 3:00-4:30pm

COST:

\$640 (will be used as a deposit if sign up for 2017/18 full season winter competitive programming)

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 14.

Freeskiing Summer Camps

SASS Global Argentina Big Mountain Camp

An unmatched trip to Argentina for big mountain skiing on winter snow! SSWSC athletes will join a SSWSC coach for this big mountain camp experience. *A minimum of four athletes is required for the SSWSC/SASS Global package.*

DATES:

August 4-12

COST:

\$4,125, does not include airfare. Contact Tony Lodico tlodico@sswsc.org for more details.

Mammoth Freeskiing Camps

The SSWSC Freeskiing team will be taking advantage of the great snow year Mammoth has had. SSWSC coaches will drive athletes to/from Steamboat and provide coaching, goal setting and fitness work. We expect much of the freeskiing community to be in Mammoth during this time, making this camp an opportunity to ski alongside many friends from across the country in park, pipe and big mountain venues outside of the competitive environment.

DATES:

TBD, mid-June, around June 11-18

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:

Three sessions offered: July 1-15, July 8-22 or July 15-29. Contact Tony Lodico (tlodico@sswsc.org) for more details.



SNOWBOARDING

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 3-7)

Skateboarding: Enhances balance and coordination (page 8)

Trampoline: Improves air awareness and trick progression (page 13)

Strength and Conditioning Sessions

Ages 14 & older

June 19 - August 17: Monday - Thursday, 3:00-4:30pm

Fees: \$640 (will count as a deposit for 2017/18 competitive program fees)

Ages 12 and 13

Choose 3 days of FunFit (see page 14)

Ages 10 and 11

Choose 2 days of FunFit (see page 14)

Trampoline (ages 8 and older)

An essential program for snowboarders to work on their air awareness and trick progression. See details on page 13.

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 offer snowboarders two private snowboard parks, 22 foot pipe, bag jumps, numerous rails and jumps and full access to 2016 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.