

Marble Mountain Technical Camp 2012



Alpine Ski
Newfoundland
Labrador



C.S.C.F.
F.E.S.C.



ALPINE CANADA ALPIN

BMO



Financial Group

Making money make sense™

Alpine Ski Newfoundland Labrador is proud to bring Pierre Ruel down to conduct this four day camp. As this is a new exciting concept to us and the CSCF, coaches are encouraged to fully participate under Pierre's lead. There will be many different courses "on the go" at the same time so coaches will need to work with and encourage all of the camp participants.

This camp is open to EL (age 9 to 10) and older athletes. It will consist of mainly slalom drills on the Cruiser for K2+ athletes and Hot Dog and lower Cruiser for EL and K1 athletes. Coaches are requested to bring around 150 stubby/hero gates, brushes, junior gates and full gates (insure that you have them marked) so that we can have thousands of gates on the slopes.

We will also work on mogul skiing including setting courses in the moguls (Kruncher and Upper Musgrave). We will also be working on race starts from the Twister Start Hut on Wednesday morning after Governors Express lift opens.

The drills will be working on:

Technical – separation, angulation, impulse and velocity

Tactical – managing speed, making tactical decisions, line and looking ahead

Cognitive and Affective – blue line, external cues, hard first, variable and random

Physical – speed and agility, mobility and flexibility, stamina, and vertical, lateral and rotational balance

Daily Schedule – Monday February 27th to Wednesday February 29th

8:00AM – Lodge Opens

8:30AM – Newfie Bullet chair open for coaches

9:00AM – Newfie Bullet open for athletes – training on Cruiser, Hot Dog and Kruncher

11:30 to 12:30 – lunch break

12:30PM to 3:30PM – training on Cruiser, Hot Dog and Upper Musgrave

Schedule –Thursday March 1st – change of focus day

8:30AM – Lodge Opens

9:00AM – Athlete and coach meeting in lodge – location to be determined

10:00AM – Newfie Bullet open for athletes and coaches – K2+ SG runs on Cruiser, EL and K1 GS runs on Cruiser (all lifts open at 10:00)

11:30 to 12:30 – lunch

12:30PM – coaches and course crew close and set SG on Twister/OMJ course

1:00PM to 3:00PM – SG training for camp and race participants, K1 to pitch of OMJ and K2+ full course

Camp Fees

Full 4 days \$250 – 3 days \$195 – 2 days \$140

Includes 1 coach lift pass for each 1 to 5 athletes (6 athletes = 2 coach passes)

Extra coach passes – 4 days \$120 – 3 days \$90 – 2 days \$60

Payment by cheque, club to pay for their athletes and additional coaches

Registration

Club or head coach to notify Chris Cohlmeier by e-mail at ccohlmeier@alpineskinl.ca with a list of names and days attending of all athletes and coaches by February 23rd

Note: e-mail to any other address for Chris Cohlmeier may not be checked.

Coaches are to collect and bring to registration on the Monday morning the following form for each athlete along with a cheque for the camp fees from your club.

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Registration Form

Name: _____

Age: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Fax: _____ Cell _____

E-mail: _____

Province: _____ Health Care# _____ Exp. Date: _____

Emergency Contact: _____

Relationship: _____

Phone: _____ Cell: _____

Racing Club: _____

Coach(s): _____

Complete if participant is under 18 years of age, to be completed by parent or legal guardian.

By placing my initials here _____ I authorize my son / daughter is physically fit to participate in strenuous athletic activity and hereby waive Alpine Ski NL, it's staff, affiliated entities, their offices, agents and employees, from all liabilities or causes of action arising out of or in conjunction with Camps, Seminars or related Services.

Signature of Parent or Legal Guardian: _____ (Authorizes treatment in case of emergency)

Complete if participant is 18 years of age or older.

By placing my initials here _____ I authorize that I am physically fit to participate in strenuous athletic activity and hereby waive Alpine Ski NL, it's staff, affiliated entities, their offices, agents and employees, from all liabilities or causes of action arising out of or in conjunction with Camps, Seminars or related Services.

Signature of Participant 18 and over: _____ (Authorizes treatment in case of emergency)