

Ben Eoin Ski Race 2020

Ski Cross

The camp will begin on Thursday February 6th at 1:00pm and run to 4:00pm. The camp will also run for the day on Friday February 7th. The SX camp will be open to U 10 and up and also any U -8 racers based on coach recommendation (Ben Eoin U8 racers usually take part). There will also be an opportunity for coaches to do their SX on snow module on Friday. The SX race will be held on Saturday February 8th.

The camp will be under the direction of Kevin Elworthy CHPC, Performance Level Certified Coach and ACA Ski Cross Facilitator and Bettina Callary Ph. D, Performance Level Coach and ACA SX facilitator.

It is possible that we may also have a guest coach depending on funding. Last season we had Jen Stielow, ACA (Senior Manager of Coach Education) attend. She was very pleased with the track and the progression of the athletes over the three days.

The track was designed by Kevin Elworthy along with input from Willy Raine ACA SX and Ski Ben Eoin. The track is introductory / intermediate level. It features bank turns, rollers (single, double and triple), step up and step down jumps. **Safety of athletes is the single biggest priority.** The camp will run based on Alpine Canada's long term athlete development grid.





“Ski Cross has been a huge part of my skier development plan since I was seven. Being able to attend yearly camps & races at Ben Eoin as a U12-U16 alpine racer helped me feel more comfortable getting air time and to learn the tactics necessary for SX. I highly recommend that our Ski NS racers attend BEST’s SX camp & race in order to excel at SX and the Alpine Speed events.”.....Shame Somers, 2019 Canada Winter Games SX Gold Medallist