

WSRC SPEED CAMP DESCRIPTION MSA JAN 30th – Feb 1st , 2023

SPEED CAMP – Monday JAN 30th – Wed Feb 1st On-Snow Tuesday - Friday

WSRC JAN SPEED Camp is a Three -Day Intro to SPEED and SPEED Camp / High Intensity Training opportunity. For U14/16/18 athletes

This three-day Camp will be spent on our own netted SPEED Track on the BELANGER trail at MSA working thru Drill Sets as well as Partial and Full Course sets with timing. The High-Speed Quad chairlift on the back side of MSA allows for incredible numbers of laps for our athletes. We will have to pace them.

SPEED Camp is for athletes from U14 to U18. This Camp is for those athletes who want to do MORE. This training opportunity will satisfy the criteria of any athletes that need Speed Training to safely race any SG racing events as well as for provincial teams.

Speed training is its own animal and the Coaching staff who will be working on this Camp have been providing coaching at Speed Camps for more than 80 years combined.

There are ways to mitigate risk when running at speeds over 50 KMPH and the staff will work with the athletes to instill the proper instincts while running at high speeds.

Coaches will also make recommendations as to whether athletes have the skill sets necessary to race at speed. If they do not they will be advised to do more training before racing a SG event – Not doing so would effectively be putting them in harm's way.

Usually by the end of a camp like this - athletes will be ready to race effectively and safely on a Speed Track .

SPEED CAMP COACHING STAFF (Including but not limited to)

Coach 1 - Gregor Byrne
Coach 2 - Mike Clarke
Coach 3 – Joey Graham
Coach 4 – Tim Hilton
Coach 5 – Jeff Cooke
Coach 6 – Katie Scissons
Coach 7 – Todd Johns

EQUIPMENT

Athlete must have event specific SG skis of a suitable length.

Athletes must have hard eared FIS approved head gear.

Athletes must have a proper fitting and suitable back protector to be worn at all times.

Mouth guards are encouraged but not mandatory

CAMP FEES

Camp Fee for WSRC Athletes \$950

Camp Fees for NON-WSRC Athletes \$1050

– Includes Lifts / Lanes / Coaching

Camp Fees Can be etransferred to Anne Marie Byrne at : ambyrne@compassbroker.com

Please contact Gregor Byrne if you'd like to register for this Camp or have questions.

Call or Text – 902 209 7297

Email – Coaching@wentworthracing.com

Registration will be first come first served. Camp LIMIT 40 athletes. Minimum athlete number 25 to make this Camp fly.

On Thursday we will open up Registration to other Club athletes.

Registration for WSRC athletes is open now.

NOTE : All fees are due upon registration. To be put on the list fees must be remitted.

CAMP REFUND/CANCELLATION POLICY

1. Your athlete must be registered and paid in full for WSRC or other home club for the 2022/23 season in order to attend this camp. (i.e. - Must have valid ACA membership)
2. The cancellation policy for MSA Speed Camp is as follows:
 3. a. Cancel 4 weeks ahead - full refund
 4. b. Cancel 2 weeks ahead - two thirds refund
 5. c. Cancel 1 week ahead - one third refund
 6. d. Cancel later than 1 week ahead, no refund.
7. There are no refunds associated with weather conditions
8. If whole Camp is cancelled due to Resort not being open full refund will apply.
9. If whole Camp is cancelled due to any travel restrictions full refund will apply.