

WSRC SPEED Training Protocol WINTER 2023

SG and SPEED Training

The WSRC has a Coach-Driven Club ruling that requires any U14 / U16 / U18 athlete who wants to race in a SG (Super Giant Slalom) event needs to have a minimum of THREE days of SPEED Training at a training camp.

This requirement is really no different than the requirements that we have for SL and GS – Athletes must have a minimum of THREE days of gate training to race in those events as well in order to enter a competition.

In SG events the athletes can reach speeds of over 60 KMPH. Training camp helps to mitigate the risks when making decisions and traveling on skis at those speeds. Mitigating the risks helps to keep our athletes safer.

SG Racing is an exciting part of the events that our athletes compete in. If introduced to speed events with planning and forward thinking athletes can grow to love and thrive on a speed track.

This is not a must-do. There are some athletes who are not a fan of speed or SG and it is not a requirement that they train or race in SG events.

If an athlete does want to compete in SG events(or attend National Events) then the training is required.

The SG Events on the Atlantic Calendar are as follows:

Crabbe Mtn – Friday FEBRUARY 3rd – 2 X SG

Ski Wentworth – Friday FEBRUARY 10th – 2 X SG

Marble Mtn – Date TBD – 2 X SG

If you have any questions with regard to training for or racing Speed events or the equipment necessary, please feel free to ask.

For athletes who need Speed Skis Gregor has 12 pairs of various sizes that rent for \$170 for season.