

Daily SPEED Camp Program MSA 2023,

JAN 30th – Feb 1st , 2023

Sunday JAN 29th – Arrive at MSA

- Arrive at your accommodations and get prepared for the next days training. After a long drive some light dryland activity is recommended.
- Meeting at 7:00 to meet with Coaching staff at Chalet #21

Daily from Monday JAN 30th to Wednesday Feb 1st

- Up at 7:00 AM

- Meet in front of Coaches Chalet # 21 on Rue de la Buissonniere (see attached map) at 7:15 for a 10 to 15 minute warm up session. Please be sure to dress for the weather each morning. Athletes will pick up Lift Tickets at the last evenings meeting + session.

- 7:15 to 8:15 have breakfast, pack your lunch & snacks, Fill your water bottles, get your gear ready for the day. Make sure that you have your LIFT Ticket on your person!

NOTE: Please have your athlete bring a large pack with them to take their lunch, water and extra gear up the hill in each day. It doesn't have to be a NICE pack – in fact an older pack is better because we do not lock them up – We leave them at the bottom of the track. It is just to carry lunch, water, and lots of extra coats/jackets. Please have each athlete bring a waterproof shell in case of inclement weather (its been known to happen). If the lifts are spinning – We are skiing. Please let your athletes know that we do NOT want cell – phones going up the hill. They are to leave them in their room for the day.

- We will meet at the Chair each morning at 8:45 to go up the mountain. Please be on time.

- We will train from opening until 11:00 – 11:30 (probably taking at least one break) and then have lunch.

- After lunch (12:15) we will ski for one to two hrs depending on the fatigue level of the group.
- from 4:00 to 4:20 we will usually do a light dryland cool-down work-out
 - Right after dryland (unless otherwise notified) The athlete groups will meet with their Coaches at UNIT 21 for a debriefing meeting of the days training. This will take between a half hour and 45 minutes. At this time, we will also view any Video that was shot that day.
 - Sleep and fuel are really quite important on a speed training camp – We will leave it to the athletes to control their controllables.
 - As this is a SPEED Camp the majority of training that the athletes do will be in their Skin Suits. That being said they need to plan appropriately. Layering under your suit can keep you much warmer – Base layer / Thermal layer / Sweater / then Suit. If athletes are cold they will not train well.
 - **Each athlete should bring a larger bag with 4 or 5 extra WARM jackets or coats that you can leave at the bottom of the track after your inspection run. . . . This way they will have a warm layer to put on each time when you come back around to the top.**

PLEASE BRING

EVENT SPECIFIC SG skis – Athletes will not be permitted on Speed Track with oversized GS skis

GS Gear (skis & poles) – In case of a weather day where we could safely train GS but not speed. Athletes can also ski other trails warming up on GS skis.

FIS approved Hard Eared helmet (there will be a FIS sticker on the back)

Downhill suit

Tuning gear & wax – Table if you have room

A couple of pairs of gloves

Dryland gear & athletic shoes -required for work outs

All of your other ski gear !!

Training Journal for the 2022 / 2023 Season

BIG Backpack for coats and gear

Schoolwork

Positive attitude – We ARE going to train Speed / Learn some new skills and have FUN !!

NOTE – Wednesday FEB 1st we will train until 2:00 +/- (no lunch break we will stop for a snack) and that will be the end of the day as most of us will be travelling back to Crabbe after skiing.