

T/T Fundamentals Camp 2010

Dates: 12/10-11/09

Cost: \$125

Athletes: This camp is for all **J3's and J4's** focusing on fundamentals and basic tactics.

Location: Jay Peak Resort

Purpose of Camp: This is a technique based camp with strong emphasis on the advanced fundamentals. This is a great opportunity to refine and build skills before the holiday camp begins. There will be directed free skiing (DFS) for most of the camp, and probably 2-3 sessions of drill courses. We will ski **double sessions** and try to get as much out of the camp as possible.

Academics: Each athlete **MUST** bring all of their academics with them. It is mandatory for this camp. The teacher/s will be able to give you a weeks worth of work as long as they have 1-2 weeks to prepare the work. Instead of bringing all of your text books you can just simply photocopy the pages of the text book that you need.

Sample Schedule:

9:00- Lifts

9:15- 12:00- **Session 1** Skiing (mid morning break included)

12:00-1:00- LUNCH

1:15- 3:00- **Session 2** Skiing

3:20- 4:00- **Session 3** Dryland/ Video

1 Hour of Study per night- **mandatory**

*schedule subject to change

Ryan must know which athletes will attend the camp before

December 1, 2009

USSA & VARA: ALL J3/4 ATHLETES WHO WILL ATTEND THIS CAMP MUST HAVE BOTH MEMBERSHIPS BEFORE SKIING BEGINS!!!