

2018 ASC Mt Hood Summer Camp #1 Checklist/Fact Sheet

Goals of the camp

- **Equipment Testing** – We are in the process of trying to arrange with several manufacturers to have access to a limited number of demo skis for athletes to test. Most of the major manufacturers have demo centers at Mt Hood in the summer but because our first camp is so early in the season they weren't open last year. Our primary focus will be to have equipment available for the older U16 and U19 athletes but if possible we will also try to arrange for some smaller sizes for the younger athletes. Our goal is to help each athlete to evaluate which gear works best for them. All athletes who attend the camp will be provided with an individual coach equipment recommendation including specific brands and sizing for next season. Regardless of whether athletes are able to test equipment we would still provide equipment recommendations for everyone who attends the camp.
- **Skiing Fundamentals** – both in and out of the course. Most athletes have a difficult time making major adjustments to their technique during the competitive season. There are several reasons for this but the primary ones are:
 - Athletes are less inclined to do something that is new or uncomfortable to them especially if the immediate result is that it may make them slower when they know they have a competition in the near future. They fail to realize that sometimes you need to take a half step backwards to go a full step forward.
 - It is difficult for athletes to maintain a consistent focus in the winter when they have so many other distractions going on – school, friends, family etc. Summer training camps are 24/7 so it is much easier for athletes to become immersed in skiing and making improvements. The additional time with the athletes also allows for higher quality video sessions and more personal feedback.
 - It is difficult for coaches to build and athletes to follow skill development progressions in the winter. Coaches and athletes usually have very little time to work with and they often feel the pressure to set and train full course race simulation vs shorter skill development courses.
- **Sport Psych** - It has been my observation that while some effort has been made to do some goal setting with our athletes they have little to no exposure to various other sport psych areas. Having the ability to address the athletes as a group daily over an extended period will allow for more education and practical application in this area.
- **Team Building/Bonding** – This will really be the first opportunity for the athletes to ski together as a group in their new age groupings. It is also one of the few times that there is a concentrated effort to have all the age groups work closely together. This goes a long way toward establishing the tempo and expectations for the year both on and off the snow.

Camp Budgets

U14, U16, U19 camp estimated cost - \$2550

- Above budgets include: Full Meal Plan – 3x meals per day, Ground transportation, Accommodations, Lift tickets, Salt, All Coach Expenses.
 - Above budgets do not include athlete air transportation to Portland (PDX).
 - Budgets are highly dependent upon the number of athletes that participate. Participants will be provided with revised complete camp budget once final athlete numbers are confirmed and booking have been made.
- It may be possible for athletes to attend only a portion of the camp. If special arrangements are required to transport athletes to/from the Portland airport families would be responsible for the additional ground transportation expense.
- Note that the second Mt Hood camp will be considerably cheaper for those athletes who attend both. This will be due to the purchase of summer ski passes for these athletes and coaches vs. day tickets. The entire cost of the ski passes would be recouped at the first camp.

Departure/Travel

- Athletes and coaches will depart Anchorage for Portland Saturday May 26th. Athletes not flying with a coach should plan on meeting the rest of the group at luggage carousel #5 when they arrive. Athletes arriving by ground can check in at the Huckleberry Inn upon their arrival at Government Camp. A rooming list has been provided to the Huckleberry. Make sure that you tell them that you are with the Alyeska Ski Club group.
- The group will drive from Portland to Government Camp upon arrival. Several 15 passenger vans/trailers will be rented for all ground transportation. We can stagger airport departures to allow for athletes on multiple flights.
- U14, U16 and U19 athletes will finish their camp on June 11th and depart Portland for Anchorage in the late afternoon/evening after skiing that morning.

Coach Travel Information




Coach #1 – Confirmation Code - CAJENN

Itinerary

| Flight | Departs | Arrives |
|---|--|--|
| Flight 1 of 4  Alaska 84 Main (Q) Nonstop Details | Anchorage (ANC) 11:14 am Sat, May 26 | Seattle (SEA) 3:32 pm Sat, May 26 |
| Flight 2 of 4  Alaska 2687 Operated by Horizon Air as AlaskaHorizon Check in with Alaska Airlines Main (Q) Nonstop Details | Seattle (SEA) 4:30 pm Sat, May 26 | Portland, OR (PDX) 5:17 pm Sat, May 26 |
| Alaska 84, Alaska 2687 Distance : 1,573 mi Duration: 5hours 3minutes | | |
| Flight 3 of 4  Alaska 2898 Operated by Horizon Air as AlaskaHorizon Check in with Alaska Airlines Main (L) Nonstop Details | Portland, OR (PDX) 6:25 pm Mon, Jun 11 | Seattle (SEA) 7:12 pm Mon, Jun 11 |
| Flight 4 of 4  Alaska 735 Main (L) Nonstop Details | Seattle (SEA) 9:45 pm Mon, Jun 11 | Anchorage (ANC) + 12:20 am Tue, Jun 12 |

Coach #2 – Confirmation Code - SWTREN

Itinerary

| Flight | Departs | Arrives |
|--|--|---|
| Flight 1 of 3  Alaska 130 Main (L) Nonstop Details | Anchorage (ANC) 6:00 am Sat, May 26 | Portland, OR (PDX) 10:34 am Sat, May 26 |
| Alaska 130 Distance : 1,538 mi Duration: 3hours 34minutes | | |
| Flight 2 of 3  Alaska 2898 Operated by Horizon Air as AlaskaHorizon Check in with Alaska Airlines Main (V) Nonstop Details | Portland, OR (PDX) 6:25 pm Mon, Jun 11 | Seattle (SEA) 7:12 pm Mon, Jun 11 |
| Flight 3 of 3  Alaska 735 Main (V) Nonstop Details | Seattle (SEA) 9:45 pm Mon, Jun 11 | Anchorage (ANC) + 12:20 am Tue, Jun 12 |

Coach #3 – Confirmation Code - SUXOER

Itinerary

| Flight | Departs | Arrives |
|--|--|--|
| Flight 1 of 3 <i>Alaska</i> Alaska 140 Main (V) Nonstop Details | Anchorage (ANC) 3:18 pm Sat, May 26 | Portland, OR (PDX) 7:55 pm Sat, May 26 |
| Alaska 140 Distance : 1,538 mi Duration: 3hours 37minutes | | |
| Flight 2 of 3 <i>Alaska</i> Alaska 2256 Operated by Horizon Air as AlaskaHorizon Check in with Alaska Airlines Main (L) Nonstop Details | Portland, OR (PDX) 5:20 pm Mon, Jun 11 | Seattle (SEA) 6:09 pm Mon, Jun 11 |
| Flight 3 of 3 <i>Alaska</i> Alaska 187 Main (L) Nonstop Details | Seattle (SEA) 6:55 pm Mon, Jun 11 | Anchorage (ANC) 9:27 pm Mon, Jun 11 |
| Alaska 2256, Alaska 187 Distance : 1,573 mi Duration: 5hours 7minutes | | |

Weather

- Mt Hood weather for May/June is unpredictable. Expect winter conditions as well as 70F.
- Rain on the mountain is extremely possible. Pack rain gear and extra ski gloves and socks in case they get wet.
- Due to altitude and reflection off snow, the sun is very strong so pack plenty of sunscreen.
- With warm weather and sun, dehydration happens quickly, so pack a large water bottle.

Ski Equipment/Gear

- 1 pair of SL and 1 pair of GS skis (this is predominantly a GS camp however athletes will also ski SL to test equipment and as a drill for GS). All skis should be tuned and ready to go.
- Ski boots/orthotics/footbeds
- GS and SL poles
- Protective gear - Arm pads, stealth, shin guards, pole guards, helmet, mouthguard, goggles, sunglasses etc.
- Backpack for on the hill – water, snacks, extra clothes/gear.
- Ski tuning equipment. Files, guides, stones, scraper, wax. Snow conditions at Hood in the summer can be quite challenging if we get into a strong freeze/thaw cycle so athletes will need to tune every night. Athletes who are less experienced with tuning will be assisted by coaches. The tuning room at the Huckleberry can accommodate 4 sets of vices so one U19, one U16 athlete and two U14 athletes should bring an iron and vices – please coordinate at dryland who is bringing what.
- Pack DH suit/training shorts. With the warm weather, athletes will likely be training in DH suits every day.
- Athletes should have three bags; one ski bag, one backpack for the hill and one clothing bag.
- Bring appropriate dryland workout clothes and shoes.
- Bring bathing suit and towel
- Bring Rollerblades and protective gear (if athletes have them)
- If an athlete has a climbing harness and/or belay device bring it also. We will likely incorporate some easy sport climbing into the dryland. Multiple harnesses will make things go quicker. We have several coaches extremely experienced in this area and there is a climbing site nearby that many camps take advantage of in the afternoons.
- Bring a notebook or 3 ring binder and something to write with. Athletes will be doing several sport psych exercises. They will also be asked to track any equipment testing observations and/or log any training breakthroughs.

Accommodations/Meals

- The group will be staying at the Huckleberry Inn which is located in the center of Government Camp. Every athlete will have their own bed. When possible athletes have been placed in rooms with athletes in their same program.
- Coaches will reside with the athletes in separate rooms at the Huckleberry Inn.
- The Huckleberry Inn does have internet access but the available bandwidth is uncertain especially if 40 athletes and 7 coaches are all trying to use it at the same time.
- The Huckleberry Inn does have limited laundry facilities but with so many people in the same place it may be a challenge if everyone wants to use them on a day off. If need be we can build in a laundry day and go to a local laundromat.
- Buffet breakfasts, lunches and dinners will be provided at the Huckleberry Inn.
- Please inform the Athletic Director of any athletes with food allergies or dietary restrictions a minimum of 1 week prior to departure. Meal providers will be able to accommodate special dietary needs but they need forewarning.
- Athletes should bring or purchase snacks such as granola bars, protein bars, trail mix, etc. for on the hill and between meals. A small grocery/convenience store is located directly across the street from where we are staying.

Communication

- There is good cell coverage both on the hill and in Government Camp. Please check with your personal provider in regards to potential roaming charges.
- There are payphones at the Huckleberry Inn. If athletes plan on using payphones, they can purchase a phone card at several local stores.
- No in-coming or out-going calls after 10:00pm PST.
- The coaches' cell phones will work and they will have them with them at all times so you will be able contact someone immediately in case of emergency.
- Parents please ensure that you provide your updated emergency medical contact information especially if you yourself will be traveling while the athletes are at camp.
- It will be the athletes' responsibility to phone home during the camp.

Cash on Hand

- Almost all camp expenses are included in the camp budget and will be paid for directly by the staff. It is however necessary that each athlete have access to some spending money.
- Athletes will need to bring money for breakfast and lunch on rest/travel days (Approximately \$25.00/day).
- Athletes can cash traveler's checks at the hill or in Government Camp and there are also ATM machines available.
- Most equipment manufacturers and race/tuning equipment suppliers have demo centers and stores setup in Government Camp in the summer. Most offer special blowout pricing on race products such as tuning equipment, poles, goggles, hats, shiners, pole guards, helmets, DH suits etc. This is a great time to take advantage of reduced pricing and no shipping fees should an athlete/sibling need anything.
- The group may travel to Portland or other locations on their days off. These trips will be for the day only. Transportation for this trip is included in the budget, but the athletes will have to pay for their own lunch and any purchases or entertainment (movies, paint ball, souvenirs, clothes etc.)

Important papers

- **ASC Emergency Medical Form** – will be provided prior to departure
- **Timberline Consent Form** – Complete online here - <https://my.lrisk.net/waiver/?a=aHR0cHM6Ly9teS4xcmlzay5uZXQvdGltYmVybGluZWFWaXxkN2IxNjRiZTQxYTg0MWRmYmUyZTU3NWU2OTA1MWE5Y3w0OTBkZTkYy05NGE1LTQ0NTEtYTI1MC03NDE3ZTczM2Q3NDh8U2F0IE1hciAxNyAyMDE4IDEzOjUzOjAwIEdNVC0wNzAwIChQYWNPZmljIERheWxpZ2h0IFRpbWUpfFN1biBKdW4gMTAgMjAxOCAYMjowMDowMCBHTVQtMDcwMCAoUGFjaWZpYyBEYXlsaWdodCBUaW1lKQ>
- **Timberline Medical Form** – Complete online via above link
- Failure to provide any of the above documents prior to departure will disallow an athlete from attending the camp.

- State/Federally Issued Photo ID – While not required for minors for travel within the US it often makes everyone’s life a lot easier if they have one with them.
- Any insurance cards or insurance information that will need to be provided should an athlete be injured.

General Daily Schedule (Subject to change)

6:30 – Wake Up
 7:00 – Breakfast
 7:20 – Depart for hill
 8:00–10:00 – On snow training
 10:00-10:15 – Snack break
 10:15-12:00 – On snow training
 12:30-1:00 - Lunch
 1:00-3:00 – Video/ski tuning/rest/free time
 3:00-3:30 – Equipment demos
 3:30-6:00 – Dryland activity/Sport Psych
 6:00 – Dinner
 6:45-7:30 Team meeting
 7:30-9:00 – Video/Sport Psych/free time/ski tuning
 9:00 – In rooms
 10:00 – Lights out

Camp Training Schedule (Subject to change due to weather and snow conditions)

U14, U16, U19 Camp Dates – May 26 – June 10

May 26 – Depart ANC, Arrive PDX
 May 27 – On Snow – TFS
 May 28 – On Snow - TFS
 May 29 – On Snow – GS Drills
 May 30 – On Snow – GS Drills
 May 31 – Off/Rest/Hood River
 June 1 – On Snow – GS Drills
 June 2 – On Snow – GS Drills
 June 3 – On Snow – GS Drills
 June 4 – On Snow – GS Drills (Last day of U12 Camp)
 June 5 – Off – Whitewater Rafting
 June 6 – Off/Rest
 June 7 – Train – GS Drills
 June 8 – Train – GS Drills
 June 9 – Train – GS Drills
 June 10 – Train – GS Drills
 June 11 – Train – GS Drills, Depart PDX pm, Arrive ANC