

## **2018 ASC Mt Hood Summer Camp #2 Checklist/Fact Sheet**

### **Goals of 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 are often feel the pressure to set and train full course race simulation vs shorter skill development courses.
- Team Building/Bonding – This will really be an opportunity for the athletes to ski together as a group outside of their home hill. This goes a long way toward establishing the tempo and expectations for the year both on and off the snow.
- Equipment Testing – It may be possible to do some equipment testing for those athletes who were either not at the first camp or need some additional time on SL gear. Hopefully some of the demo centers will still be open although it was rumored that most were going to shut down at the end of July.

### **Departure/Travel**

- Athletes will depart Anchorage for Portland Thursday July 19<sup>th</sup> and meet up with the coaches at the Portland airport upon arrival. Athletes should plan on meeting the group at luggage carousel #5 when they arrive. The group will drive from Portland to Government Camp upon arrival. Several 15-passenger vans and with trailers will be rented for all ground transportation. For those coming in on an evening flight we plan on making a second trip down to the airport.

### **Weather**

- Mt Hood weather for July/August can be unpredictable. The long range forecast is looking quite good however so I don't expect to have any weather issues.
- Rain on the mountain is extremely possible in the summer. 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 skis (this is a SL camp). All skis should be tuned and ready to go.
- Ski boots/orthotics/footbeds
- SL poles - no need for GS
- 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. Each condo will have a garage or tuning area for athletes to work on skis. Athletes should be able to sort out amongst themselves as to who is bringing what in terms of vices and irons as not everyone will need to bring them.
- 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 – not all athletes had them last year and as we are focusing on SL the second camp it would be good if everyone had them with them.
- 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 in 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 within the same accommodations.
- Hucks has internet access but the available bandwidth is uncertain especially if all athletes and coaches are all trying to use it at the same time.
- Hucks has 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 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.
- 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 of these 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 another location on the day off. 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** – To be completed and provided to staff prior to departure or upon arrival in Portland
- **Timberline Consent Form** – Should have been completed online via the link provided
- **Timberline Medical Form** – Should have been completed online via the link provided
- 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)**

6:00 – Wake Up  
6:15 – Breakfast  
6:30 – Depart for hill  
7:00–10:00 – 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 – Free time/ski tuning  
3:00-3:30 – Equipment demos  
3:30-6:00 – Dryland activity/Sport Psych  
6:00 – Dinner  
6:45-7:30 Video/team meeting  
7:30-9:00 – Free time/ski tuning  
9:00 – In rooms  
10:00 – Lights out

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

July 19 – Depart ANC, Arrive PDX  
July 20 – On Snow – TFS  
July 21 – On Snow – SL Drills  
July 22 – On Snow – SL Drills  
July 23 – On Snow – SL Drills  
July 24 – Off/Rest/Activity  
July 25 – On Snow – SL Drills  
July 26 – On Snow – SL Drills  
July 27 – On Snow – SL Drills  
July 28 – On Snow – SL Drills  
July 29 - Off/Rest/Activity  
July 30 – Off/Rest/Activity  
August 1 – On Snow – SL Drills  
August 2 – On Snow – SL Drills  
August 3 – On Snow – SL Drills  
August 4 – On Snow – SL Drills, Depart PDX pm, Arrive ANC