

# 2022 ASC MT HOOD SUMMER CAMP FACT SHEET

**Team Building/Bonding** – This will be the second opportunity for the athletes to ski together as a group in their new age groupings for the 2022-23 season. 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 expectations for the year both on and off the snow. This is an overnight camp, therefore athletes will be traveling and staying with coaches.

**Lodging and Meals** - We will be staying in the [Huckleberry Inn](#).

**Equipment Testing** – We are in discussions with several manufacturers who have agreed to have demo equipment available for the camp. There is no cost for athletes to test all the various new gear (boots and skis). This service is a great opportunity for athletes to try equipment for the next year. Deals on skis and boots can also be found through the demo fleet.

**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 more intense, 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 can be difficult for coaches and athletes to build and follow some skill development progressions in the winter. Coaches and athletes usually have very little time to work through a progression; they are often feeling the pressure to set and train full course race simulation vs shorter skill development courses.

## BUDGET

U14, U16, U18/U21 Full-time groups camp estimated cost - \$2,500

U12, U14, U16, U18/U21 Part Time groups camp estimated cost - \$2,860 (includes coaching fees)

Above estimated cost includes:

- Lodging and meals
- Transportation (to and from airport in Portland and daily transportation during the camp)
- Lift tickets
- Hill expenses
- Coach expenses
- Equipment transportation
- Afternoon activities

Budgets are highly dependent upon the number of athletes that participate. **Important: Camp payment needs to be made in full prior to the departure date – May 24.**

## **CAMP REGISTRATION**

**Registration is open April 17 through May 05.** Please register your athlete as soon as possible as it is important to know athlete numbers in order to make final booking confirmations. Here is the link for registration: [Mt Hood Registration](#)

## **TRAVEL**

Coaches will depart Anchorage for Portland on **Friday May 25**. Athletes should book similar flights as the coaches with close arrival times.

U12, U14, U16 and U19 athletes will finish their camp **on June 3rd**. The group will depart Portland for Anchorage in the late afternoon/evening after skiing in the morning.

In your registration, please specify if your athlete will NOT be traveling with the team to and from the airport. We need to know this so that we have accurate head count on our travel days.

If your athlete cannot attend the whole camp, we will still be asking for the full amount of the camp and will provide credit based on the number of days attended. Again, please let us know details of your athlete's trip if they are doing something different from the rest of the team.

## **WEATHER**

Mt Hood weather for 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**

U18/U21 – 1 pair of FIS GS and 1 pair of FIS SL skis

U12, U14 and U16 - 1 pair of SL and 1 pair of GS skis.

All skis should be tuned and scraped, 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. Even though the weather may be warm the snow is quite abrasive therefore colder training waxes should be used.

- Pack DH suit/training shorts. With the warm weather, athletes will likely be training in DH suits every day.
- Bring appropriate dryland workout clothes and shoes.

## COMMUNICATION

Coach Phone numbers:

- Conor: (970) 901 – 9829
- Sarah: (907) 242 – 1106
- Kjersti (907) 240 - 1278
- Bucky: (970) 401 - 0574

## IMPORTANT DOCUMENTS

- **ASC Emergency Medical Form** – Attached to email.
- **Timberline Consent and Medical Forms** – [Timberline Release of Liability](#) (If hyperlink does not work, please copy and paste. Let me know if you have problems.) Also, if it doesn't work on your phone please try on your computer or on another browser. Remember in this link there are TWO waivers to fill out.
- **ASC Release of Liability** – Attached to email.
- **THESE ARE WAIVERS FOR THE NEW SEASON THEREFORE THEY NEED TO FILLED OUT ONCE AGAIN.**

**Please send emergency medical form, ASC release of liability to:**  
[juniorsprogramdirector@alyeskaskiclub.com](mailto:juniorsprogramdirector@alyeskaskiclub.com)

Failure to provide any of the above documents prior to departure will disallow an athlete from attending the camp.

## General Daily Schedule (Subject to change)

6:30 - Wake Up

6:45 - 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 – Free time/ski tuning

3:00 - 6:00 – Equipment demos /Dryland activity – Coaches will provide best suited schedule depending on the age group

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

<b>Date</b>	
<b>May 25</b>	Travel
<b>May 26</b>	TFS - SL Drills
<b>May 27</b>	SL Drills
<b>May 28</b>	SL Drills
<b>May 29</b>	SL Drills
<b>May 30</b>	Day Off
<b>May 31</b>	GS Drills
<b>June 1</b>	GS Drills
<b>June 2</b>	GS Drills
<b>June 3</b>	GS Drills - Travel