



Mini-Camp Series

At Stratton Mountain School

Location

Stratton Mountain, Vermont

Session Dates

December 3-4, 2018
January 7-8, 2019
February 4-5, 2019
March 4-5, 2019

Session Cost

\$300 per session or \$1,000 for all four sessions. Lift ticket not included in session cost.

Age Class

U10 - U16 Ski Racers

Stratton Lift Tickets

Lift ticket information can be found at www.stratton.com.

Athletes attending all four sessions should look into purchasing a Stratton season pass.

Contact

Jim Sullivan
(802) 733-6928
jsullivan@gosms.org

Please note: early registration is suggested as space is limited.

What to Bring

- SL skis
- GS skis
- Guards
- Gym shorts
- Gym shoes

Why Attend?

Join Stratton Mountain School for the Mini-Camp Series this winter! The program is designed as a supplement to an athlete's regular weekend program and introduces young ski racers to a ski academy experience. The SMS Mini-Camp Series provides athletes with the opportunity to focus on foundational drills and gate training in an environment that is similar to training full time at Stratton Mountain School.



Focus

- Slalom training
- Giant Slalom training
- Free-skiing skills
- World Cup video analysis
- Tech talks

Daily Schedule *(Subject to change)*

8:15am	Meet in the West Wing of the Main Base Lodge at Stratton Mountain Resort (near the Gondola)
8:30-8:40am	Review technical theme and drills for the day
8:50am	Meet outside in groups (lifts open at 9am)
9:00-11:30am	Training Block
11:30am-12:30pm	Lunch (bring your own or purchase at the mountain)
12:30 - 3:00pm	Training Block
4:00 - 5:00pm	Dryland, video analyses and tech talks in the SMS Athletic Building (bring gym shorts and shoes)
5:15 - 6:30pm	Study hall in the SMS library (optional)
7:30 - 9:00pm	Study hall in the SMS library (optional)

Training Blocks

Monday Sessions: free skiing slalom drills and course training

Tuesday Sessions: free skiing giant slalom drills and course training