

SSWSC 2015 Summer Program Guide



SSWSC CAMPS

The following location abbreviations are used throughout this guide:

HH=Howelsen Hill WR=Water Ramp

SSWSC ALPINE SUMMER SKI CAMPS:

Mt Hood Ski Camps: [AGES: camp for incoming U12-PG athletes]

Mt. Hood is the training site for many National teams, and nearly every ski club in the U.S. Mt. Hood is a snowfield that offers ski training throughout the entire year. Through a well planned technical/tactical progression, professional coaching, video analysis and timing, we will achieve our technical/tactical goals. This is our flagship camp, and will set the stage for the rest of the summer.

<u>Location</u>	<u>Dates</u>	<u>Cost</u>
Mt. Hood, Oregon	June 12-23 (Incoming U12, U14, athletes for the 2015/16 season) GS/SL Technical and Tactical Fundamentals Camp	Full camp \$2,500 Day camp \$1,800

SSWSC SNOWBOARD SUMMER CAMPS:

Snowboard High Cascade Camp:

High Cascade is the place for summer snowboard training, located on Mt. Hood, Oregon. Mt. Hood is a glacier that offers on snow training throughout the entire year. High Cascade camps offer snowboarders two private snowboard parks, 22 foot pipe, bag jumps, numerous rails and jumps and full access to 2014 demo equipment during the camp. Our SSWSC coaches will travel and coach our athletes in this terrific venue.

Recommended for Junior Ability, Junior Team and Senior Team athletes. Please Contact Tori Koski by email tkoski@sswsc.com

Location	Dates	Cost
Mt. Hood, Oregon	July 6th-13th	TBD

FACT SHEET and other details available on the website under Summer Camps.

FREESTYLE MOGULS ON-SNOW CAMPS

Spring Camps at Arapahoe Basin

Arapahoe Basin Spring Camps will focus on skiing technique, isolating the athlete's focus on all aspects of skiing - body position, turn shape, path of the ski, vertical timing and pole plants. The camps will include substantial amounts of flat skiing, (video analysis), and goal setting to identify each athlete's areas needing improvement. Post skiing activities will include workouts / recovery sessions as well as other sports.

Sign-up deadline: April 24th, by 12pm.

Location	Dates	Cost
Arapahoe Basin Colorado USA	High Performance / Ability Groups, (two sessions). Van transportation: 1st Session: Depart Steamboat May 8th, Train 8th - 12th 2nd Session: Depart Steamboat on May 18th Train May 18th - 22nd	Full camp, (per session) approx. cost: \$600 - \$750* *Not including food *If athlete has Gold Pass take off \$250

Location	Dates	Cost
Arapahoe Basin Colorado USA	Jr. Free / Jr. Ability all mountain skills /Moguls Van transportation and lodging for Jr. Ability only, (Jr. Free needs to be accompanied by parent). One session: Depart Steamboat May 8th, Ski 8th, 9th, 10th Return to Steamboat May 10th	Junior Ability - Full camp, approx. cost: \$400 -\$500* Full camp without lodging and van transportation approximate cost: \$175* *Not including food

Freestyle MOGULS SUMMER at Whistler BC, Canada On-Snow Camps

Whistler BC is the place to be in the summer for mogul skiing. The glacier is filled with mogul skiers from many nations and the ability to ski top to bottom on full courses is key. Post skiing activities and training opportunities abound. The camp will include a full goal setting session prior to on snow training to focus the coaching to each athlete's needs. The camp will include water ramp opportunities, gym sessions, mountain biking, sailing and other fun activities that will expose the athletes to the wonders of Whistler. This camp is our main "on snow" opportunity of the summer and is imperative for those who are serious about their skiing.

Sign-up deadline: May 15th, by 12pm.

Location	Dates	Cost
Whistler British Columbia, Canada	High Performance / Ability Groups: Van transportation: Depart Steamboat July 1, Arrive July 2 Train 4, 3 day cycles Depart Whistler July 19	Full camp cost: \$3,600* *Not including food

Location	Dates	Cost
Whistler British Columbia, Canada	Open to grades 7 & 8 (Travel by air only) Depart Steamboat July 7th Train 3, 3 day cycles Depart Whistler July 19	Full camp cost: \$1,900 (not including food or airfare).

SSWSC FREESTYLE MOGULS ACROBATIC/STRENGTH AND CONDITIONING CAMPS:

Freestyle Acrobatic/S&C Camp

This introduction into fitness for 2015 summer season will include physical training, circuits, weightlifting, plyometrics, games and a full acrobatic / gymnastics component.

Location	Dates	Cost
Steamboat Springs, Colorado USA Bald Eagle Lake or Excel Gymnastics, (weather dependent).	Ability / Jr. Ability Groups June 5th, 6th & 7th (afterschool) June 5 - 3:00 to 5:30 June 6 & 7 - 8:30 - 3:00	\$150

Location	Dates	Cost
Steamboat Springs, Colorado USA Bald Eagle Lake or Excel Gymnastics, (weather dependent).	High Performance Group June 1 - 11 3, 3 day cycles (9 days) Times 8:30 - 2:30	\$500

Freestyle MOGULS FALL Zermatt Switzerland On-Snow Camp

Zermatt Switzerland is where the majority of international teams train in the fall. The snow is winter like and the training is fantastic with a full mogul course of 230 meters. Switzerland is a beautiful country and Zermatt a premier location. The camp will include a full goal setting session prior to going on snow, catering the coaching to the athlete's needs. This is our secondary on snow opportunity of the year and is suggested for juniors and seniors who are considering post graduate competitive skiing.

Location	Dates	Cost
Zermatt, Switzerland	High Performance / Ability Groups: October 7 - 26	Full camp cost: \$3,605* *Food and airfare additional

JUMPING & NORDIC COMBINED SUMMER TRAINING CAMPS

Jumping & Nordic Combined Summer Training Camps

June 24 - 27	All SSWSC Teams	Park City, UT
June 29 - July 4	U14 & Older SSWSC Teams	Steamboat
July 27 - August 1	All SSWSC Teams, Springer Tournee	Park City, UT
August 18 - 22	All SSWSC Teams	Park City, UT
August 25	All SSWSC Teams, End of Summer Party	Water Ramps

LEADERSHIP AND PERSONAL DEVELOPMENT CAMP

New York State Sheriffs Association Summer Camp Leadership, and personal development Camp

NYSSA Summer Camp Junior Counselor: This is a two week session in upstate NY away from traditional training to spend time as a Junior Counselor working with at risk youth. Located on Keuka Lake in Western NY. Campers are invited by the New York State Sheriffs Association to take a week away from home and experience a different way of life. Junior Counselors guide 9-12 year olds through an athletically based program while developing leadership skills.

- **Must be 16-18 to apply**
- **Water comfort and skill sets are preferable**
- **Applications must be in by April 30, 2015**

	<u>Cost</u>	<u>Dates</u>	<u>Location</u>
<u>Session 1</u>	<u>Travel cost to NY</u>	<u>July 4- July 18</u>	<u>Keuka Lake, NY</u>
<u>Session 2</u>	<u>Travel cost to NY</u>	<u>July 18 - August 1</u>	<u>Keuka Lake, NY</u>

For more information or an application contact:

Tony Lodico NYSSA Summer Camp Assistant Director

Email: tlodico@sswsc.org **Phone:** 970 819 2467

SSWSC PROGRAMS

The following location abbreviations are used throughout this guide:

HH=Howelsen Hill WR=Water Ramp

ALPINE SUMMER CONDITIONING/TRAINING PROGRAMS

Summer Conditioning: [AGES 10 and up]

For a deposit on winter 2015/16 Alpine competitive program fees, the SSWSC athlete now has an assortment of strength and conditioning sessions to choose from.

The conditioning program is an accelerated and intense training program designed to raise athlete's fitness levels and advance each athlete's skiing success. In ski racing technique, strength and athleticism are intimately related. It takes strength to maintain the fastest line down a GS course. It takes creativity and athleticism to finish a SL course and it takes technique to properly align the body for full maximization of the ski under foot. Every single SSWSC alpine racer who has ski racing aspirations needs to be involved in a summer sport in one form or another. Summer Conditioning is an important addition to a summer athletic program for increased injury prevention, and to prepare for the physical demands of the sport of ski racing. It will be creative, fun, difficult, diverse and build towards your alpine goals for next season.

Program	Fees	Schedule	Dates
Summer Conditioning for U21/U18 alpine athletes	\$400 deposit for 2015/16 competitive program fees	Tuesday, Wednesday, Friday 4pm - 6pm	May 4 - June 10
		Monday 8-10 Tuesday 8-10 Wednesday 8-10 Thursday 8-10 Friday 8-10	June 29 - Aug 21

Program	Fees	Schedule	Dates
Summer Conditioning for U16 alpine athletes	\$400 deposit for 2015/16 competitive winter program fees	Monday & Thursday 4pm-6pm	May 4 - June 10
		Monday, Tuesday, Wednesday & Thursday, 1:30-3:30p	June 29 - Aug 21

Program		Schedule	Dates
Prep-Season Conditioning for U14 alpine athletes	Summer fees credit toward competitive winter program fees	Choose any 3 FunFit days per week. See the <i>FunFit</i> section at the end of this guide for pricing and schedule.	June 15 - Aug 21

Program		Schedule	Dates
Prep-Season Conditioning for U12 alpine athletes 10 & 11 year olds (9 year olds will have to wait until the summer of 2016)	Summer fees credit toward competitive winter program fees.	Choose any 2 FunFit days per week. See the <i>FunFit</i> section at the end of this guide for pricing and schedule.	June 15 - Aug 21

SSWSC AIR BAG PROGRAMS

The Bag at Howelsen Hill is a training venue for U10* and up. Training programs for the spring of 2015 will consist of set times for various groups of athletes (see programs below). Training will consist of speed checks, aerial progressions and video review.

Coaches will be on hand to offer sport specific coaching and progressions.

****must have some jumping experience***

March 31st - April 10th, 2015

15 athletes max per session – 8 athletes minimum

Air Bag Training

Training will consist of speed checks, aerial progressions and video review. Coaches will be on hand to offer sport specific coaching and progressions.

- **Ages 10 and up**
- **Must have been a 2014-2015 SSWSC member**
- **All jumpers and spectators will obey all rules. Intentional disregard for safety will result in removal from jumping privileges.**
- **Required personal equipment to bring:**
 - Skis/snowboard gear (Skis – must be twin tips)
 - Ski and Board edges must be in good shape
 - Helmet

Program	Dates	Location	Days	Times	Cost
Beginner Bag 5-10 ft gap	3/31 – 4/2	Howelsen Hill	Tue-Thurs	4-7pm	\$60
Intermediate Bag 10-15 ft gap	4/8 – 4/10	Howelsen Hill	Wed-Fri	4-7pm	\$60

Private Lessons / Bag Rental

Each Lesson will be tailored to each individual athlete and their personal goals. The coach and the athlete will decide how to best utilize the athletes' time to work towards their goals. Group Privates are also available.

- **Ages 12 and over**
- **Groups will be required to help unroll and roll bag**
- **Required Equipment to bring of your own:**
 - Your own ski/snowboard gear (Skis – must be twin tips)
 - Ski and Board edges must be in good shape
 - Helmet

Program	Dates	Location	Days	Times	Cost
Private Lessons (Groups)	6/1 – 7/1	Howelsen Hill	By reservation only	By reservation only	Hourly Rate: \$100 (2 hour minimum) (Per-Group)

SSWSC FREESTYLE SUMMER CONDITIONING

Summer Conditioning: [AGES 10 and up]

For a deposit on 2015/16 Freestyle program fees the SSWSC freestyle athlete now has an assortment of strength and conditioning sessions to choose from.

The conditioning program is designed to raise athlete's fitness levels and advance the athlete's skiing success. Summer Conditioning is an important addition to any athlete's training plan for both injury prevention and to prepare for the physical demands of the sport of skiing. It will be creative, fun, difficult, diverse and build towards your goals for next season.

Program	Fees	Schedule	Dates
Summer Conditioning for Athletes 14 and older	\$400 deposit of 2015/16 competitive program fees	Monday-Thursday M, T, Th 3:30-4:30pm W 2:00-3:00pm	June 15- August 21

Program	Fees	Schedule	Dates
Prep-Season Conditioning for Jr. Ability and Jr. Free athletes	Summer fees credit toward competitive winter program fees	Jr. Ability: Tuesday 8:00-9:00am and choose 1-2 days of Fun Fit Jr. Free: Choose 2 days of FunFit days per week. See <i>the FunFit section at the end of this guide</i>	June 15 - August 21

Freeskiing Spring and Summer Strength and Conditioning

Program	Fees	Schedule	Dates
Summer Conditioning Freeskiing athletes ages 16 - 21	\$400 deposit of 2015/16 program fees	Tuesday, Wednesday, Friday 4pm - 6pm	April 27 - June 10
		Monday 8-10 Tuesday 8-10 Wednesday 8-10 Thursday 8-10 Friday 8-10	June 29 - Aug 21

Program	Fees	Schedule	Dates
Summer Conditioning Freeskiing athletes ages 14 and 15	\$400 deposit of 2015/16 competitive program fees	Monday & Thursday 4pm-6pm	April 27- June 10 Spring
		Monday, Tuesday, Thursday, 1:30-3:30pm	June 29 - Aug 21 Summer

Program		Schedule	Dates
Prep-Season Conditioning Jr. Freeskiing athletes (12 and 13 years old)		Choose 3 FunFit days per week. See the FunFit section at the end of this guide for pricing and schedule.	June 15 - August 21

SSWSC FREESTYLE WATER RAMP AND TRAMP PROGRAMS

Junior Ramp Training: U10/Jr. Free/Jr. Ability

Junior training is for athletes ages 8-13. Sessions will consist of a warm up, gymnastics/trampoline training, strength, balance, and water ramp training. Sessions are designed to complement our winter programming, and provide athletes with the acrobatic base required by freestyle skiing. Qualified coaches will be leading training to ensure safe and fun progressions as well as technical training and video feedback.

- *Required equipment: Cross-training shoes, skis with retention straps, boots, wetsuit or drysuit, life jacket/PFD, helmet (with ears covered)*
- *Water Ramp Pass included in price during program weeks*

Program	Dates	Location	Days	Times	Cost
U10/Jr. Free/Jr. Ability Water Ramp Session 1	6/15 - 6/25 (two weeks)	Water Ramp Park	Mon. only: U10 Tu, Thu: Jr. Free M, Tu, Th: Jr. Ability	10-1pm	U10: \$85 Jr. Free: \$165 Jr. Ability: \$250
U10/Jr. Free/Jr. Ability Water Ramp Session 2	7/6 - 7/23 (three weeks)	Water Ramp Park	Mon. only: U10 Tu, Th: Jr. Free M, Tu, Th: Jr. Ability	10-1pm	U10: \$125 Jr. Free: \$250 Jr. Ability: \$375
U10/Jr. Free/Jr. Ability Water Ramp Session 3	8/3 - 8/20 (three weeks)	Water Ramp Park	Mon. only: U10 Tu, Th: Jr. Free M, Tu, Th: Jr. Ability	10-1pm	U10: \$125 Jr. Free: \$250 Jr. Ability: \$375

Senior Ramp Training

Senior training is for athletes 13 and older. Training will consist of stretching, trampoline progressions, balance progressions and water jump training. Qualified coaches will be leading training to ensure safety conscious and fun progressions as well as technical training and video feedback.

Program	Dates	Location	Days	Times	Cost
High Performance/Ability Water Ramp Session 1	6/15 – 6/25	Water Ramp Park	M-Th	8:30-12	\$415
High Performance/Ability Water Ramp Session 2	7/27 – 8/6	Water Ramp Park	M-Th	8:30-12	\$415
High Performance/Ability Water Ramp Session 3	8/17 – 8/20	Water Ramp Park	M-Th	8:30-12	\$205
High Performance/Ability Water Ramp Full program – All 3	6/16 – 8/24	Water Ramp Park	M-Th	8:30-12	\$995

Freeskier Ramp Camp

Freeskiing Camp is for athletes 13 and older. Training will consist of a warm up, stretching, trampoline progressions, balance progressions, and water ramp training. Qualified coaches will be leading training to ensure safety conscious and fun progressions as well as technical training and video feedback. All training will take place at the water ramp facility located on Bald Eagle Ski Lake

- Ages 13 and up (7th grade and up)
- Required equipment: Tennis shoes, water bottle, skis, boots, wetsuit or drysuit, life jacket/PFD, helmet (with ears covered)
- Recommended equipment: Gloves, swimsuit.

Camp	Dates	Days	Times	Cost
Freeskiing Session #1	6/15-6/25	Mon, Tues Wed, Thurs	10:00am - 1:00pm	\$500*
Freeskiing Session #2	8/11-8/21	Tues, Wed Thurs, Fri	10:00am - 1:00pm	\$500*

***Cost of both sessions combined is \$800.**

A season pass to the Water Ramp Park is included in all Programs allowing full participation in all "open" ramps times.

For more information contact:

Tony Lodico-Head Freeskiing Coach **email:** tlodico@sswsc.org **Phone:** 970 819 2467

Trampoline

This program is designed for athletes in any discipline with the desire to learn basic trampoline and gymnastics skills. Athletes will learn fundamentals of bouncing on a trampoline as well as basics of tumbling.

Program	Dates	Location	Days	Times	Cost
Freeskiing Trampoline Session	7/20 – 7/24 7/27 - 7/31	Water Ramp Park	Mon, Tu, Th, Fri	3-5pm	\$300* Includes season pass

**A season pass to the Trampolines is included in all Programs that allow full participation in all "open" Trampoline times*

Open Water Ramp/Trampoline

These times are for skiers and riders who would like to jump and train on their own.

During open times, a coach will be on site to supervise and monitor safety of the jumpers. All open jumpers are required to purchase a day pass, punch card or season pass. Please respect the closed training times; open jumping is allowed during open water ramp times only.

- *Participation is open to ages 13 and over; OR athletes enrolled in a water ramp trampoline program*

Note, pricing below is for SSWSC MEMBERS ONLY.

Program	Dates	Location	Days	Times	Cost
Open Water Jump (Summer Season)	6/15-8/20	Water Ramp Park	Th Fri Sat	1-5pm 1-5pm 10- 5pm	Season Pass: \$350 10 Punch Card: \$275 Day Rate: \$35
Open Water Jump (Fall Season)	8/29 – 9/26	Water Ramp Park	Sat	10-5pm	Fall Pass: \$150 Day Rate: \$35
Open Trampoline (Summer Season)	6/15– 8/20	Water Ramp Park	Th Fri Sat	1-5pm 1-5pm 10-5pm	Season Pass: \$250 10 Punch Card: \$200 Day Rate: \$25
Open Trampoline (Fall Season)	8/29 – 9/26	Water Ramp Park	Sat	10-5pm	Fall Pass: \$100 Day Rate: \$25

DEVELOPMENT CYCLING PROGRAMS

Youth Mountain Bike: (7 – 14 years)

This is a 6 week program that promotes safe riding skills to children ages 7-14 in a fun environment. This program is best suited for children with an interest in learning more about mountain biking, participating in group rides and a desire to put in some effort. The program takes place mainly on trails around Steamboat such as Spring Creek, Emerald Mountain, and Mad Creek. The program will teach fundamental skills that can be applied to all aspects of cycling. Groups will be broken down by age & ability. Each session runs on Wednesdays 8:30- 11:00am.

- *Groups will meet at the Rodeo Grounds*
- *Minimum Ability Requirements: Comfortably ride a two wheeler on pavement and non- pavement.*
- *Minimum Equipment Requirements: A bike with gears and handbrakes, a cycling helmet, water, spare tube (the same size as your athlete's tire!!)*
- *Beneficial Equipment: bike gloves, Camelbak, bike shorts, sunglasses*
- *Discounted Town Challenge Season Pass for SSWSC Cycling members - \$40*

<u>Program:</u>	<u>Times:</u>	<u>Dates and Cost</u>
Youth Mountain Biking	Wednesdays from 8:30 – 11:00am @ the Rodeo Grounds	June 17 to July 22 \$170 if paid in full by June 2nd. \$220 if paid after June 2nd.

Bike to Water Ramp/Tramp: (8 - 14 years)

This is a 6-week program that combines the Youth Mountain Bike Program and Junior Ramp Training.

- *Groups will meet at the picnic table in the Rodeo grounds after biking and eat lunch. They will then take a van to the water ramps. Athletes need to be picked up at the ramps at 3:00pm.*
- *See Youth Mountain Bike Program and Junior Ramp Training for equipment requirements.*

Program:	Times:	Dates and Cost
Bike to Ramp	Wednesdays from 8:30am - 3:00pm	June 17 to July 22 \$490 if paid by June 2nd, \$540 after June 2nd.

"It's a Girl Thing" Mountain Bike: (6th grade - up)

This is a 6-week program that teaches middle school and high school girls the skills of mountain biking and the fun of riding with their peers. The program is for girls with an interest in learning more about mountain biking, participating in group rides and a desire to put in some effort. The program takes place mainly on trails around Steamboat such as Spring Creek, Emerald Mountain, and Mad Creek. Groups will be broken down by age & ability. Groups will meet at Howelsen Hill Lodge.

- *Minimum Ability Requirements: Comfortably rides a two wheeler on dirt.*
- *Minimum Equipment Requirements: A 26"-29" bike with gears and handbrakes, a cycling helmet, bike gloves, sunglasses, water, spare tube (the same size as your athlete's tire!!)*
- *Beneficial Equipment: CamelBak, bike shorts, bike gloves*
- *Discounted Town Challenge Season Pass for SSWSC Cycling members - \$40*

Program:	Times:	Dates and Cost
It's a Girl Thing Mountain Bike	Mondays & Thursdays from 8:30 - 11:00am	June 22 - Aug 6: \$290 (off July 13 & 16)

Cycling Adventure Team: (9-14 yrs)

This is a 6 week program that is for those interested in cycling more than one day a week. The program is for athletes interested in learning more about mountain biking, participating in group rides and with a desire to put in some effort. Groups will ride two days per week. Groups will be broken down by age & ability. Groups will meet at Howelsen Hill Lodge.

- *Minimum Ability Requirements: Comfortably rides a two wheeler on dirt. Some mtn.biking experience.*
- *Minimum Equipment Requirements: A bike with gears and handbrakes, a cycling helmet, bike gloves, sunglasses, water and spare tube (the same size as your athlete's tire!!)*
- *Beneficial Equipment: Camelbak, bike shorts,*
- *Discounted Town Challenge Season Pass for SSWSC Cycling members- \$40*

Program:	Times:	Dates and Cost
Adventure Team	Mondays & Fridays from 8:30 - 11:00am	June 22 – Aug 7: \$290 (off July 13 & 17)

BMX: (7-15yrs)

This program is part of two 4 week sessions that teaches and practices the fundamentals for BMX riding in a fun and safe environment. It is part of USA-BMX "First Ten Weeks" program. Fitness and technique are the focus of this program. All BMX athletes are required to have a USA-BMX license. Please register/renew membership at: www.usabmx.com

Equipment recommendations:

- *Full face helmet (regular helmet ok); Gloves, eye protection*
- *Knee pads or long pants; Long sleeve shirt or long sleeve jersey*
- *Water bottle and snack*

Program:	Times:	Dates
BMX	<i>Thursdays from 9:00am – 11:00am</i>	June 18-July 16 (no class July 9) July 23-Aug 13 \$100 per session (Does <u>not</u> Include USA BMX License)

COMPETITIVE CYCLING PROGRAMS

Junior Cycling Team: (10-15 years)

The Junior Cycling Team is for all athletes ages 10 - 15 interested in developing their off road skills and endurance through participating in group cycling activities and generally learning about competitive cycling. Athletes will learn the importance of stewardship and fundamental trail maintenance while working on designated trail work days. The Junior Team members are encouraged to race in the Town Challenge MTB Series and will pre-ride the race course with a coach on Tuesdays prior to competition. This group of riders will ride Mountain Bikes only. Racing is not required, but encouraged.

- *Minimum Ability Requirements: Some mtn.biking experience and desire for physical and mental challenge.*
- *Minimum Equipment Requirements: 26"-29" bike, cycling helmet, cycling gloves, sunglasses, water and spare tube (the same size as your athlete's tire!!)*
- *Beneficial Equipment: CamelBak, bike shorts, clipless pedals*
- *Provided: Team cycling jersey*
- *Discounted Town Challenge Season Pass for SSWSC Cycling members- \$40*

Program:	Times:	Dates and Cost
Jr. Cycling Team	<i>Tuesdays 8:30 – 11 am Wednesday evenings (race series) Thursdays 8:30 – 11 am</i>	June 16 to August 20 \$625

Development Cycling Team

13-16 years

The Devo Team is for all athletes ages 13 - 16 interested in learning more about conditioning and advanced bike skill development. Athletes will participate in group cycling activities and learn about competitive cycling. Additionally, athletes will learn the importance of stewardship and fundamental trail maintenance while working on designated trail work days. The Development Cycling Team will race in the Town Challenge MTB Series and pre-ride the race course with a coach on Tuesdays prior to competition. They will also have the opportunity to race in the SSWSC Training Road Race Series. Riders will need both a mountain bike and a road bike. Athletes will start the season with a Lactate Threshold test and design a training plan around their goals. Devo team members will join one strength session a week if they are not in another dryland program.

- *Minimum Ability Requirements: Comfortable mtn.biking all trails on Emerald and desire for physical and mental challenge.*

- *Minimum Equipment Requirements: 26"-29" mtn bike, heart rate monitor, clipless pedals, cycling helmet, cycling gloves, sunglasses, water and spare tube (the same size as your athlete's tire!!)*

- *Beneficial Equipment: CamelBak, bike shorts*

- *Provided: Team cycling jersey, training plan*

Discounted Town Challenge Season Pass for SSWSC Cycling members- \$40

Program:	Times:	Dates and Cost
Devo Cycling	<i>Tue, Thurs 8:30-11am Wednesday - race series Thu - strength 1:30-3:30pm Fridays 10am -12 pm</i>	June 11 to August 14 \$800

Elite Cycling Team: (15-19 years)

The Elite Racing Team is for athletes ages 15 to 19 that are committed to achieving excellence in Road and/or Mountain Bike Racing Competition. This comprehensive program stresses advanced techniques, tactics and methods of training. The team will focus on nutritional, mental, and physical "peaking" techniques that will prepare for success in competition. Each member of the Team will have personalized goal-setting meetings, monitored physical progress, and specialized training attention. It is required

that athletes purchase heart rate monitors to track personal goals and progress. Athletes will start the season with a lactate threshold test.

Elite members are responsible for their own travel, lodging competition schedules, but will work closely with a coach to ensure a successful season. Elite Team members will design their own competition schedules. The Team’s competitive focus will be on ACA Road Bike Races (Colorado Regional Racing,) and regional Mtn bike series such as Winter Park or Summit town series. Elite Team Members will practice competitive leadership skills through encouraging and teaching Development Team Members at competitions, and coaching the Youth Cycling Program Participants on Wednesday mornings.

- Minimum Requirements: clipless pedals, a cycling helmet, and cycling gloves, heart rate monitor, Road Bike and Mountain Bike
- USAC (USA Cycling) Annual License Required for Regional Competition
- minimum # of participants to run program: 4
- Program: Times: Dates and Cost

Program:	Times:	Dates and Cost
Elite	<p><i>Mon, Tues, Thurs 8:30-11am</i></p> <p><i>Wed - race series</i></p> <p><i>Thu - strength 1:30-3:30pm</i></p> <p><i>Fridays 10am -12 pm</i></p>	<p>June 11 to Aug 14 \$1,250</p>

Steamboat High School Mountain Bike Team (9th-12th graders)

This is a Colorado High School MTB Program that competes in the CO High School League Races in the Fall. The team is governed by NICA (National Interscholastic Cycling Association) but not affiliated with CHSAA (CO High School Activities Association.) The primary focus of the league is to provide a fun, easy way to involve HS students in the challenging and exciting world of competitive cycling. Training schedule will be determined according to participants’ availability & will be at least 2x/week.

The season runs August 17- Oct 25 which include 4-5 races:

2015 Race Schedule:

Race #1 August 29-30 Location TBD

Race #2 September 12-13 CMC Timberline Campus, Leadville

Race #3 September 26-27 Location TBD

Race #4 October 10-11 Location TBD

Race #5 October 25 State Championships, Eagle

Fee: \$350

Every member must register as a NICA and CO-MTB member at

<http://www.coloradomt.org/>, cost \$50.

Additional Fees: team jersey, shorts, race entry, travel

SNOWBOARD SUMMER CONDITIONING PROGRAMS

Summer Conditioning is an important addition to a summer athletic program for injury prevention and to prepare for the physical demands of the sport of snowboarding. It will be creative, fun, difficult, diverse and build towards your goals for next season.

**Programs recommended for Snowboard summer conditioning:*

- *Youth Mountain biking, Bike to Tramps or It's a Girl Thing- Endurance*
- *Skateboarding- Enhances balance and coordination*
- *Trampoline – Air awareness and trick progression*

Program	Dates	Location	Days	Price
<p style="text-align: center;">Fun Fit</p> <p>-Ages 10&11: 2 days/wk</p> <p>-Ages 12-13: 3 days/wk</p>	<p>6/15 to 8/2</p>	HH	<p>Choose 2-3 FunFit days per week.</p>	<p>See the FunFit section at the end of this guide for pricing and schedule</p>
<p>Ages 14-15 Strength & conditioning</p>	<p>4/27 to 6/10</p> <p>6/29 to 8/21</p>	HH	<p>M & TH 4pm-6pm</p> <p>M, T, & TH 1:30-3:30pm</p>	<p>\$400 Deposit to 2015/16 competitive winter program fees</p>
<p>Ages 16-18+ Strength & conditioning</p>	<p>4/27 to 6/10</p> <p>6/29 to 8/21</p>	HH	<p>T,W,F 4pm-6pm</p> <p>Mon-Fri 8am-10am</p>	<p>\$400 Deposit to 2015/16 competitive winter program fees</p>

Trampoline: Ages 8 and up

Trampoline is a great tool for any sport in air awareness and trick progression. Athletes will learn the importance of warm up, tumbling, fundamentals of bouncing, trick progressions and stretching.

Cost per session: \$150 **Includes season pass or*

All 3 sessions: \$360 **Includes season pass*

- *Required: Athletic shoes, athletic wear, water bottle and sunscreen*

Program	Meeting Days	Meeting Times	Location	Dates
Tramp Session #1	Tues & Thurs	2pm – 4pm	WR	June 16 – July 2
Tramp Session #2	Tues & Thurs	2pm – 4pm	WR	July 14 – July 30
Tramp Session #3	Tues & Thurs	2pm- 4pm	WR	Aug 4 - Aug 20

SSWSC Summer Skateboard Programs

Skateboarding is a fun summer activity to enhance balance and coordination for snowboarding or just to enjoy pushing around the skatepark. Our summer skateboard programs are designed to provide a supervised, instructional environment that allows kids to learn new skills in a safe and comfortable setting.

The Bear River Skatepark is the Steamboat Concrete Skatepark located west of town behind the new Routt County Justice Center. Access to the park is via the Lagoon Lane, a small access road just off US 40 behind the Justice Center.

Cost: \$200 per session or ALL 3 sessions \$500

Skateboard Beginner

This program is for the child who has limited or no experience in skateboarding. Focusing on fundamental concepts such as balance, turning and pushing. Using basic techniques to roll over common features in the skatepark.

- *Program is geared towards ages 6-12 with little or no experience on skateboards*
- *Helmets are required for participation. Elbow, knee and wrist guards are highly recommended*
- *Participants need their own skateboards and equipment*

Program	Meeting Days	Meeting Times	Location	Dates
Skateboard Beginner Session #1 Group 1	Mon & Thurs	8:45am – 10:15am	Bear River Skatepark	June 15 – July 2
Skateboard Beginner Session #1 Group 2	Mon & Thurs	10:30am – 12pm	Bear River Skatepark	June 15 – July 2
Skateboard Beginner Session #2 Group 1	Mon & Thurs	8:45am – 10:15am	Bear River Skatepark	July 13 – July 30
Skateboard Beginner Session #2 Group 2	Mon & Thurs	10:30am- 12pm	Bear River Skatepark	July 13- July 30
Skateboard Beginner Session #3 Group 1	Mon & Thurs	8:45am- 10:15am	Bear River Skatepark	Aug 3-Aug 20th
Skateboard Beginner Session #3 Group 2	Mon & Thurs	10:30am- 12pm	Bear River Skatepark	Aug 3-Aug 20th

Skateboard Intermediate

The intermediate program is for kids ages 8-14 who have some experience in the skatepark. They should be able to stand on the board, push around and over some common obstacles in a skatepark such as banks, ledges and quarter pipes. We will focus on using those basic skills to start learning easy tricks in the park.

- *Program is geared towards skateboarders ages 8-14 who have some experience in skateparks*
- *Helmets are required for participation. Elbow, knee and wrist guards are highly recommended*
- *Participants need their own skateboards and equipment*

Program	Meeting Days	Meeting Times	Location	Dates
Skateboard Int Session #1 Group 1	Tues and Fri	8:45am – 10:15am	Bear River Skatepark	June 16 – July 3
Skateboard Int Session #1 Group 2	Tues and Fri	10:30am – 12pm	Bear River Skatepark	June 16 – July 3
Skateboard Int Session #2 Group 1	Tues and Fri	8:45am – 10:15am	Bear River Skatepark	July 14– July 31
Skateboard Int Session #2 Group 2	Tues and Fri	10:30am-12pm	Bear River Skatepark	July 14- July 31
Skateboard Int Session #3 Group 1	Tues and Fri	8:45am-10:15am	Bear River Skatepark	Aug 4 - Aug 21
Skateboard Int Session #3 Group 2	Tues and Fri	10:30am-12pm	Bear River Skatepark	Aug 4- Aug 21

SSWSC CROSS COUNTRY SUMMER TRAINING PROGRAMS

XC summer training programs have been developed to enhance fitness levels specific to XC ski racing. For summer 2015, there are several training options to accommodate different schedules and ages.

For More Information on XC Training Programs, Please Contact:

Brian Tate: XC Program Director C: 970-734-7678 btate@sswsc.org
Josh Smullin: XC Ability Head Coach C: 541-848-9815 jsmullin@sswsc.org

Cross Country U12/U10

This program offers an introduction to roller skiing and is designed for cross country development athletes. This training will focus on exposure to roller skiing with emphasis on skill development. No prior roller skiing experience is required. For Development athletes there is the opportunity to enroll in the SSWSC Strength + Conditioning Program detailed at the end of the Program Guide. Choose 2 x per week from the Strength+Conditioning schedule.

- *Required equipment: chest high ski poles, bike helmet, skate length ski poles, gloves, water bottle, running shoes*

<u>Program</u>	<u>Dates</u>	<u>Location</u>	<u>Days</u>	<u>Times</u>	<u>Cost</u>
<u>XC Development</u>	6/25 – 8/13	Howelsen Hill	Thursday (roller ski)	4:00- 6:00	\$240

Cross Country U14

This program offers an 1 x per week roller ski session to establish a foundation of solid XC ski technique. For Age Class athletes, we highly recommend also enrolling in the SSWSC FunFit Strength + Conditioning Program detailed at the end of the Program Guide. Choose 2-3 x per week from the FunFit schedule.

- *Required equipment: bike helmet, skate roller skis, skate length poles with roller ski tips, a neon shirt, water bottle, running shoes*

<u>Program</u>	<u>Dates</u>	<u>Location</u>	<u>Days</u>	<u>Times</u>	<u>Cost</u>
<u>XC Age Class</u>	6/18 – 8/20	Howelsen Hill	Thursday (roller ski)	4:00 -6:00	\$270

Cross-Country U20/18/16

**(Full Program:4 sessions per week Spring/
7 sessions per week Summer)**

This program is appropriate for athletes who are dedicated to improving their fitness levels and ski technique during the spring/summer months (U16 age group and older) Training is centered on development of aerobic fitness, strength gain and technique, speed, agility, and XC technique. Activities include running, road biking, hiking, roller skiing, strength training, and plyometrics. A proven formula for competitive success, is consistent training through the spring, summer, and fall. Summer training volume is greater due to additional free time. Participants are encouraged to attend as many sessions as possible.

- *The spring session consists of general conditioning and would be appropriate for athletes from any sport that desire higher fitness levels.*
- *Required equipment: skate roller skis, classic roller skis, neon shirt, skate poles with roller ski ferrules, classic poles with roller ski ferrules, chest high poles for ski hiking, running shoes, water pack, Road bike, helmet- must be worn biking and roller skiing, wrist watch, heart rate monitor.*

Cross-Country U20/18/16 (Four Sessions a week/summer only)

This program is appropriate for athletes who are balancing other activities during the summer months. Training is centered on overall fitness as well as development of power, strength, speed, agility and technique. Activities include running, mountain biking, hiking, roller skiing, plyometrics, and strength training.

- *Participants pick up to 4 sessions per week from the U20/18/16 training schedule.*
- *Required equipment: skate roller skis , classic roller skis, skate poles with roller ski tips, classic poles with roller ski tips, chest high poles for ski bounding, running shoes, water pack, road bike, helmet (must be worn biking and roller skiing), wrist watch, heart rate monitor.*

Cross-Country U20/18/16 (Twice per week/summer only)

This training schedule is offered to XC athletes who have dedicated the summer months to other sports or activities and want to make strength/endurance gains through the summer.

- *Participants pick up to 2 sessions per week from the U20/18/16 training schedule.*
- *Required equipment: see above list*

Training schedule and fees

<u>Program</u>	<u>Dates</u>	<u>Location</u>	<u>Days</u>	<u>Times</u>	<u>Cost</u>
XC Ability-Spring Training	4/29-6/10	HH	Mon, Wed, Thu, Fri	4:00 – 6:00pm	\$550 Spring
XC Ability-Summer Training	6/11–8/21	HH	Mon Tue-Fri Thurs	7:30 – 1:00 pm 7:30 – 10:00 am 4:00 – 5:30 pm	\$1,550 Spring & Summer \$1,200 Summer only \$900 4 x Sessions/week \$500 2 x Sessions/week

Above fees include all coaching, but do not include camp trips- travel, lodging, & meals

SSWSC SKI JUMPING & NORDIC COMBINED SUMMER PROGRAMS:

These training programs have been developed to enhance fitness levels specific to ski jumping/Nordic combined and to make positive adjustments to technique. For summer 2015, there are several training options to accommodate different ages, levels of interest, commitment and busy summer schedules. Training camps will also be scheduled throughout the summer including trips to Park City for plastic jumping. **Camp dates and information can be found at the beginning of the Program Guide in the “Camp” section.** Any Nordic athlete NOT in a full time summer training program may attend any plastic camp but will be charged a daily coaching fee in addition to camp expenses.

For More Information on these Training Programs, Please Contact:

Todd Wilson - Program Director (970)-879-0695x112

twilson@sswsc.org

Karl Denney - U16/U18 J/NC Head Coach (970)-879-0695x113

kdenney@sswsc.org

Garrett Fisk - U14 J/NC Head Coach (970)-879-0695x113

gfisk@sswsc.org

U10/U12 Jumping/Nordic Combined Summer Training Program

This program is designed for the younger jumping or NC athlete, 8 to 11. Athletes will experience personal growth while developing a foundation of jumping and/or X-C skills needed in the winter season. Sessions will focus on jumping on plastic, agility, flexibility, strength & technical drills and endurance adventures around Howelsen Hill. Participants must be willing and able to participate in active adventures that last an hour to an hour and a half.

- *Required equipment: Running shoes, athletic clothing for all weather conditions, liquid replacement for all activities, sun protection (lotion, hat, sunglasses).*
- *Jumping equipment fees are included in the pricing.*
- *Camps; Jumping camps to Park City will be offered. See camp dates below. Summer training fees do not include camp coaching fees, travel, food or lodging.*
- *Program must have minimum numbers enrolled to be offered.*

<u>Program</u>	<u>Dates</u>	<u>Location</u>	<u>Days</u>	<u>Times</u>	<u>Cost</u>
U10/12 J/NC One Week/Month by the Week	6/15, 17, 19 7/20, 22, 24 8/10, 12, 14	Howelsen Hill	M, W, F (Jump) Wed (Fun Dryland)	7:30 – 10:00 10:00 – 11:00	\$150/week
U10/12 J/NC All Three Weeks	6/15, 17, 19 7/20, 22, 24 8/10, 12, 14	Howelsen Hill	M, W, F (Jump) Wed (Fun Dryland)	7:30 – 10:00 10:00 – 11:00	\$400
U10/U12 Camps	6/24 - 27 7/27 - 8/1 8/18 - 22	Park City PC Springer Park City	Wed - Sat Mon - Sat Tue - Sat	See Fact Sheets Two Weeks Prior	\$300 Est. \$525 Est. \$375 Est.

U14 Jumping/Nordic Combined Summer Training Program

This program is designed for the U14 & second year U12 (11-13) athlete that intends on being in the U14 J/NC program next winter. Athletes will experience personal growth while developing a solid base of jumping and XC skills needed in the winter season. Sessions will focus on jumping on our HS45 & HS45 landing bump jump, and HS75 plastic jumps, strength & technical drills, flexibility, agility and endurance adventures around Steamboat. Participants must be willing and able to participate in active adventures that last two to four hours.

- *Required equipment: Hiking and running shoes, mountain bike, helmet and necessary equipment, roller skiing equipment w/reflective vest, clothes for all weather conditions, a change of clothes, liquid replacement for all activities, sun protection (lotion, hat, sunglasses).*
- *Jumping equipment fees are included in the pricing.*
- *Cost includes camp coaching fees for all camps; does not include camp travel, food or lodging.*
- *See proposed camp schedule at the bottom of the J/NC section.*
- *The first week of training will take place after school 4:00 – 6:00PM*
- *Program must have minimum numbers enrolled to be offered.*

Program	Dates	Location	Days	Times	Cost
U14 J/NC By The Week	6/8 – 7/10 7/20 – 8/25	Howelsen Hill	M, W, F (Jump) T (Endurance) Th (Roller Ski)	7:30 – 10:00 7:30 – 11:00 4:00 – 6:00	\$215/week
U14J/ NC Block #1 (Five Weeks)	6/8 – 7/10	Howelsen Hill	M, W, F (Jump) T (Endurance) M, W (Strength) Th (Roller Ski)	7:30 – 10:00 7:30 – 11:00 10:30–11:30 4:00 – 6:00	\$790
U14 J/NC Block #2 (Five Weeks)	7/20 – 8/25	Howelsen Hill	M, W, F (Jump) T (Endurance) M, W (Strength) Th (Roller Ski)	7:30 – 10:00 7:30 – 11:00 10:30–11:30 4:00 – 6:00	\$790
U14J/NC Both Blocks (Ten Weeks)	6/8 – 7/10 7/20 – 8/25	Howelsen Hill	M, W, F (Jump) T (Endurance) M, W (Strength) Th (Roller Ski)	7:30 – 10:00 7:30 – 11:00 10:30–11:30 4:00 – 6:00	\$1300
U14 Jump Only	Same as Above	Howelsen Hill	Same as Above minus Thursday	Same as Above minus Thursday	\$200/wk \$700/blk \$1,100 all

U16/U18 Jumping/Nordic Combined Summer Training Program

This program is designed to complement the winter U16/18 program and is designed to expand upon previous skills and further develop the athletes' physical potential for success in the competitive season. It is also designed for athletes that have other interests or work during the summer months. The training is designed to allow athletes to reach their fullest potential and is our highest program consistent with the USSA National Jumping & Nordic Combined Pipeline. Training will consist of strength conditioning and jump technique, endurance training, flexibility, agility, coordination, and plastic jump training.

- *Program is for Athletes ages 14 and older*
- *Required equipment: running shoes, heart rate monitor, roller skiing equipment, mountain and road bike equipment.*
- *Jumping equipment fees are NOT included in the pricing. Rental is available for extra fee.*
- *Cost includes camp coaching fees for all camps; does not include camp travel, food or lodging.*
- *See proposed camp schedule at the bottom of the J/NC section.*
- *The first week of training will take place after school 4:00 – 6:00PM.*
- *Program must have minimum numbers enrolled to be offered.*

Program	Dates	Location	Days	Times	Cost
U16/18 Nordic Combined	6/8 – 8/25	Howelsen Hill	M, W, F, Sa (Jumping)	7:30 - 10:00	\$1900
			T (Dryland)	7:30 – 9:30	
			Th (Strength/Tech)	7:00 – 8:00	
			SA (Strength/Tech)	10:00-11:30	
			M, W, F (Endurance)	5 - 6:30PM	

<p align="center">U16/18 Jumping</p>	<p align="center">6/8 - 8/25</p>	<p align="center">Howelsen Hill</p>	<p align="center">M, W, F, Sa (Jumping) T (Dryland) M, T (Strength) Th (Strength/Tech) SA (Strength/Tech)</p>	<p align="center">7:30 - 10:00 7:30 - 9:30 2:00 - 3:00 7:00 - 8:00 10:00-11:30</p>	<p align="center">\$1600</p>
<p align="center">Non-Resident U16/18 J/NC Training</p>	<p align="center">Same as above</p>	<p align="center">Howelsen Hill</p>	<p align="center">Same as above</p>	<p align="center">Same</p>	<p align="center">NC \$2500 Jmp \$1800</p>

STRENGTH & CONDITIONING PROGRAMS
AVAILABLE TO ALL SSWSC DISCIPLINES

FunFit: [AGES 10 THROUGH 13]

This program is designed around developing sound fundamental skills in body movement, kinesthetic awareness, strength, and improving cardiovascular endurance. A summer strength and conditioning program is fundamental in injury prevention, and on snow skills acquisition.

Program	Fees	Schedule	Dates
FunFit Ages 12-13	\$400 (can be credited toward competitive winter programming 2015/16)	Choose any 3 Days per week: Monday 10:30am-11:30am Monday 11:30am-12:30am Tuesday 11:30am-12:30pm Tuesday 12:30pm-1:30pm Wednesday 10:30am-11:30am Wednesday 11:30am-12:30am Thursday 11:30am-12:30pm Thursday 12:30pm-1:30pm Friday 11:30am-12:30pm Friday 12:30pm-1:30pm	June 15 - Aug 21

Program	Fees	Schedule	Dates
FunFit Ages 10-11	\$300 (can be credited toward competitive winter programming 2015/16)	Choose any 2 Days per week: Monday 10:30am-11:30am Monday 11:30am-12:30am Tuesday 11:30am-12:30pm Tuesday 12:30pm-1:30pm Wednesday 10:30am-11:30am Wednesday 11:30am-12:30am Thursday 11:30am-12:30pm Thursday 12:30pm-1:30pm Friday 11:30am-12:30pm Friday 12:30pm-1:30pm	June 15 - Aug 21

SSWSC Strength Center Pass:

This is a strength center pass that may be purchased by any former SSWSC athlete who participated with the SSWSC for at least one full competitive season. This is for individual training during the summer months, during unscheduled hours. This is ideal for college student-athletes at home for a few months. USST members see Dave directly for pass.

Program	Fees	Schedule	Dates
Strength Center Pass Monthly Rate	\$ 60 per month	Schedule of available time slots posted in Strength Center	April 27 - August 21

If you are registering for a program that begins prior to June 1st charges will be processed upon registration. All other credit card payments for summer programming will be charged on June 1st. A 3% discount for cash/check payments is available, these payments are due immediately upon registration.

Registration for out of state summer camps will not be available through CampMinder.

Enjoy the Spring!!