



2023 Copper Speed Development Projects

Goals

- Provide Copper Speed Center access to U.S. athletes at multiple levels
- Stimulate athletic development and participation in the speed events
- Lead athletes through a speed progression in SG & DH, focusing on gliding, jumping, and terrain

Prerequisite

- Athletes must be U.S. Ski & Snowboard members in good standing to register (USA-inscribed athletes only)

Sessions

- November 10-14: FIS SG (up to 80 athletes)
 - November 13-14: 2xNJR SG races (project participants will have priority access for races)
- November 28 - December 1: FIS DH (up to 80 athletes)
- December 10-13: U16 SG (up to 100 athletes)

Daily Training Plan

- Project leadership by U.S. Ski & Snowboard staff
- Club coach attendance required to lead their athletes on-hill
- 2-3 hours of speed training offered per athlete each day
 - DH start to A-Road: Jumping and terrain environments
 - A-Road to Lights Out: SG sections and full-length training
 - Full-length DH for FIS athletes

Project Selections

- FIS athletes
 - Submit intent to participate between September 1-25, 2023 via Event Registration on my.usskiandsnowboard.org
 - Priority will be given based on NTSM of DH, SG, GS using NAT points
 - Up to 10 development quota spots per region
- U16 athletes
 - Submit intent to participate between October 3 at 9a MDT and October 13 at 11:59p MDT via Event Registration on my.usskiandsnowboard.org
 - First priority will be given based on U16 NPS national selection method
 - Up to 20 development quota spots per region, and in support of attending clubs
 - Final priority will be given on a first-come, first-served basis

Additional Notes

- Cost: Estimated at \$100/athlete per day, plus Copper lift ticket
- Athletes and clubs are responsible for their own transportation, lodging, and meals
- Virtual meetings will be held every night to debrief and preview the next day
- Video and any training times will be available for everyone to access online