



**Women's FIS & U16 Speed Week
Sugarloaf, Maine
February 4-9, 2024**

WHATSAPP: <https://chat.whatsapp.com/ENtAoQOktqnBUw2z99BhY>

PROJECT GOALS:

- An all-female speed project for FIS and U16s that provides high quality speed training and competition
- Use progressive environments to build experience and skill at speed and in the air
- Create training environments that scale well to different experience levels
- Compete at a high level
- Continue to foster community and team spirit among Eastern Region female athletes

U16 Participation Criteria:

- Have participated in a selection-based national or regional project (speed or tech) in the past OR
- Have been in the top-30 of a regional championship SG or GS event (U14 Easterns or the Ronnie Berlack GP) OR
- Competed at U16 Nationals

*All U16 athletes must have trained SG at least once prior to the event

*No skis under 193cm

PROJECT FEES:

- FIS Training and DH Races: \$400
 - Includes lift tickets, entry fees, all on-snow programming
 - Project Registration: <https://www.skireg.com/womensspeedweek>
- FIS SG Races only: \$140 including ticket
- U16 Full Week Program: \$500
- U16 SG Training and Races: \$270

SCHEDULE:

Sunday, February 4: Arrival

- 12:00 PM - Optional afternoon freeski on Narrow Gauge
- 4:30 PM - Team Captain's meeting

Monday, February 5: Speed Elements

- 7:30 AM - Athlete meeting at Comp. Center



- Freeski warmup
- Terrain elements: Rolls and jumps at Pick Pole, Cribworks, and Kangaroo
- Glide turns and aerodynamics at PV and The Hook
- Inspection skills and tactics at Headwall, Myles' Mile, Kangaroo, and The Hook

Tuesday, February 6: Speed Elements and Official DH Timed Training

- AM session: Follow-on skill progressions from Monday
- PM session: FIS Official DH Timed Training, Non-DH athletes: Terrain Skills on GS skis

Wednesday, February 7: DH Race and Speed Training

- AM Session: FIS DH Race
- PM Session: U16 Speed Training

Thursday, February 8: DH Race and Speed Training

- AM Session: FIS DH Race
- PM Session: U16 Speed Training

Friday, February 9: 2x SG Races for both FIS and U16

Staff & Project Leaders

Sam Damon, Eastern Region Director

Additional club coaches

Athletes must be accompanied by a coach

Athletes:

You must be ready to ski speed events. Trustworthy equipment and a growth mindset are both required. You must be healthy, free of injuries and able to participate fully in all aspects of the on-snow and conditioning training program. This could include free skiing, gate training, strength training, running, jumping, agilities, flexibility training and games. Athletes must be accompanied by a coach!

Equipment:

FIS athletes will need all DH and SG equipment, as well as at least one pair of GS skis. U16 athletes will need SG skis at least 193cm in length, as well as GS skis. DH skis are optional for U16s.

Important Contacts:

Sam Damon (435-714-2540)

Scott Graham (435-962-0545)

Roger Kimball (435-962-2672)

Paige Roberts (435-714-1281)