

Ski and Snowboard Club Vail
Alpine Mini-Race Camps
November 25-26, 2019
Vail, Colorado

Monday, November 25th:

9:00 Meet coaches at SSCV-go over plan for day

9:30 Load lifts

(Lane space 9:45-12:15)

9:30-12:00 Freeskiing and FUNdamentals

Skills Quest stations:

Balance – Free ski with pole usage

Pressure – Pole jumpers

12:00 Lunch break

(Lane space 12:15-2:45)

12:15- 2:45 Skill stations

3:00 End of day wrap up meeting

Tuesday, November 26th:

9:00 Meet coaches at SSCV-go over plan for day

9:30 Load lifts

(Lane space 9:45-12:15)

9:30-12:00 Freeskiing and FUNdamentals

Skills Quest stations:

Edging – One ski skiing

Rotary – Pivot slips

12:00 Lunch break

(Lane space 12:15-2:45)

12:15-2:45 Skill stations, sections + panels

3:00 End of day wrap up meeting

***(Subject to change and more details TBA)**