



Steamboat Springs
WINTER SPORTS CLUB

RMD U12, U14 Speed Elements Camp

Jan 11-12, 2014

Camp Schedule:

U12

Saturday, Jan 11, Howelsen Hill

- Howelsen Hill Face SG with jump practice.
- Mile Run for tuck work and glide track

Sunday, Jan 12, Steamboat Ski Area

- Full length SG on Sitz/SeeMe in am
- Nordic jumps at Howelsen Hill 1-4pm

U14

Saturday, Jan 11, Steamboat Ski Area

- Section "high speed" GS
- Full length "high speed" GS

Sunday, Jan 12, Howelsen Hill

- Howelsen Hill face SG with jump practice
- Mile Run for tuck work and glide track
- Nordic Jump elements 1-4pm

Eligible: U12 and U14 USSA licensed competitors.

Entry Fee: \$135. Entry includes 2 day lift ticket at Howelsen Hill, 1 day lift ticket to Steamboat Ski Area, Coaching, Dinner and Tubing party on Saturday evening.

We would like to request at least one coach from each club to work a station at Mt. Werner and one at Howelsen Hill. Please notify Deb Armstrong who will be representing your club. darmstrong@sswsc.org

We will have former Olympians Caroline Lalive, Deb Armstrong and Chris Puckett working with the athletes during the entire camp.

Entries should be made by team only, on team entry form

Race Secretary

SSWSC

PO Box 774487

Steamboat Springs, CO 80477

FAX # 970-879-7993

mberge@sswsc.org

No Athlete will allowed to participate without signed Liability Forms for SSWSC, Mt. Werner and Howelsen Hill

Coaches Tickets: Available at the Team Captain's Meetings. One coach ticket per day for every 8 racers. Must have current USSA license.

Team Captain's Meeting: **Saturday-8:00am Creekside Meeting Room at Torian Plum for those training on Mt. Werner or Fireplace Room for those training at Howelsen Hill.**

Rules: All USSA/RMD rules will be followed.

Lodging: Wyndham Vacation Rentals has Steamboat's widest variety of vacation rentals. Choose from studios through luxury 6 bedroom townhomes all located at the base of the Steamboat Ski Area. Call our reservations department at (800)525-5502 or visit us online at: wvrsteamboat.com to enjoy best available pricing for members and supporters of the SSWSC, **Nordic Lodge** 970-879-0531 or nordiclodgeofsteamboat.com, **Holiday Inn** 970-879-2250

Additional Information

- All Athletes should be entered via the **Team Entry Form**
 - Email to mberge@sswsc.org, you will receive an email confirmation when registration is received (not an automated one, so give me an hour or so before emailing again!) or fax to (970)879-7993
- All payments can be taken care of at registration or it can be mailed to:
 - SSWSC Race Secretary
 - PO Box 774487
 - Steamboat Springs, CO 80477
- 3 Liability Releases are needed
 - SSWSC
 - Mt. Werner Speed Elements Release (NEW)
 - Howelsen Hill
- Cost is \$135 for weekend with lift tickets to Mt. Werner and Howelsen Hill/\$95 for no Mt. Werner Lifts/\$80 without any lifts
- Lift Tickets must be pre-ordered for Mt. Werner
- Registration on Saturday is at 7:30 for both locations:
 - U14 at Mt. Werner (Torian Plum Conference Room in Ski Times Square)
 - U12 at Howelsen Hill (Fireplace Room)
- Coaches Meeting at 8:00am Saturday in both locations (see above).