

SSCV Adult Ski Racing Programs 2013-14

Camp 3 - SPEED Training Camp

January 6-8, 2014

Join us on snow with a comprehensive speed training program. .

Participants will receive **complete ski prep for your speed skis including base and side bevels and proper base grind for training on January 7 and 8** during training camp by SSCV professional technicians working with state of the art equipment in the SSCV Pro Shop. *Participants can focus on taking full advantage of the education and training environment and will not need to do equipment preparation!*

A maximum of 12 participants will be accepted. A minimum of 3 coaches will conduct each training session for this camp of 12.

Registration

New Member Enrollment Instructions:

- Follow this link
<https://sscv.campintouch.com/v2/camper/application/app0.aspx>
- Enroll is Guest Membership - Guest Training
- On the Additional Options page select whichever camp applies to you

Pre-existing Members

- Go to www.skiclubvail.org
- Log Into your mySSCV account
- Select Form& Documents
- Add whichever camp applies to you

If you have questions regarding the online registration process please contact our Membership Services Manager at mpavese@skiclubvail.org or call 970-790-5121.

Dates:

January 6-8, 2014

Program:

All of Ski & Snowboard Club Vail's resources are utilized to provide the adult ski racer with a comprehensive training experience.

Daily movement prep and warm-up will precede on-snow training. Post training video will be reviewed during lunch, followed by a technical skiing session. Video will be archived on www.sprongo.com for personal remote review.

Super G training including sectioning, drills, speed track, appropriate progressions, full length, video analysis and SSCV FIS athlete demos are utilized to maximize improvement in this intensive 3 day training camp on Vail's Golden Peak Competition Arena.

Morning and evening programs include video analysis and equipment preparation.

Staff:

Special Guest Coaches

Kristina Koznik-Special Guest Coach

Kristina, a three-time Olympic team member, will go down in history as one of America's most decorated female World Cup slalom racers, with five National Slalom titles and 20 World-Cup podium finishes, including 6 World Cup wins.

Recently retired from professional racing, Koz (as everyone calls her) runs her ski business out of Vail and Aspen, Colorado working with corporate groups and families to make their ski days as exhilarating as possible!

If you look in some of the magazines you will see Koz doing photo shoots for Vail Resorts as well as some of the local freelance photographers. She is highlighted in some of the Volkl ski and Marker helmet ads, Peak Magazine and a recent spotlight article in Vail Luxury (Home & Lifestyle magazine).

On top of all of the skiing Kristina takes part in, she is also a certified massage therapist. Her focus is on neuromuscular reprogramming which is often needed when athletes are trying to come back from an injury or working to optimize their muscular output and performance.

Enthusiastically in love with powder, you will find her on the nearest mountain anytime it snows!



Crawford Pierce- Special Guest Coach

Crawford began his coaching career in 1977 as the head Coach of the Ford Sayre Ski Council's Alpine Program. Since then he has had a long string of experiences at Waterville Valley, NH with the BBTS Racing Program, moving to Burke Mountain Academy taking on many responsibilities as coach, teacher, assistant Head Master, and finishing up as Head Coach. From there he moved on to the US Ski Team where he ended up the Men's Head B Team/Europa Cup Coach. Chip Woods brought

Crawford into Ski Club Vail in 1995, where he served as Head Alpine Coach, Men's Head Coach and PG Program Director. Out of this evolved his private team Bald Mountain Racing which later became Team Go~USA. In 2003, he went back to the USST with the National Development System as Head Coach of the Rocky/Central Regional Team. In 2006 he became Program Director and Head Coach at Crested Butte Academy, leaving the next year to take on a great position heading up a newly formed private team called Team Geronimo out of Aspen. Last season he came back to SSCV as a private coach and is now doing projects with SSCV and running his own private team and consulting business.

Throughout the years Crawford has had many experiences running and coaching Master's Camps from the East Coast to the West Coast and at SSCV. His accomplishments and licensing include the following:

- * US Ski Coaches Association (USSCA) Level 500. Master Coach
- * Blue Level Primary Movements Teaching System (PMTS) Instructor
- * PSIA instructors training, Level I
- * 1996 United States Olympic Committee (USOC) Domestic Alpine "Coach of the Year"
- * 1996 USST Domestic Alpine "Coach of the Year"
- * Numerous USSCA Coaches Updates

Camp Director and Head Coach

Sara Radamus, Alpine Private Coach

Sara has a long history with SSCV beginning in 1982 when she was the Women's Nor Am Coach working with the club's top women racers. From 1983-86 she was the Head J2 Coach for both men and women before leaving for the Steamboat Springs

Winter Sports Club where she held the same position until 1991. From 1991-94 Sara was the Head Women's Coach at SSWSC where she also served as the Director of Recruiting for the newly implemented Ski Racing Program at the Lowell Whiteman School. From 1994- 2009 Sara worked with a number of athletes as a private coach. For the last 25 years, Sara has also been the Director and Head Coach of Sports Club International, Inc., conducting summer training camps in New Zealand, Sunday River, Whistler, Saas Fe, Mt. Hood, Valle Nevado, Pitztal, Copper Mountain and Vail/Beaver Creek. As a student/athlete, Sara was in the first graduating class of Stratton



Mountain School and went on to compete for Middlebury College where she graduated with a B.S. in Art History. She was a four-time All American and Middlebury College's Athlete of the Year in 3 of those years. She was also recognized as Ski Racing's Collegiate Skier of the Year in 1979. From 1980-82 she raced on the Women's Professional Ski Racing Tour. Sara holds the highest level of coaches' certification from USSA as an International Level 5 Coach. She has also served as an examiner for Levels 1-3 at the National Coaches' Academy. Sara has participated as an US Ski Team Associate Coach at numerous World Cup, Europa Cup, World Junior Championships, Topolino and Whistler Cup projects, as well as, at all levels of National competitions.

Email: sradamus@skiclubvail.org

Coach and Logistics Coordinator

Lad Lavicka, YSL Team Coach/Master's Coach

Lad joined SSCV in 2012. He is originally from Chagrin Falls, Ohio and has previously been affiliated with Holiday Valley Race Team, Squaw Valley Race Team and Grenoble University Club. Lad holds a Level 100 USSA Coaching certification and has coached U12, U14 and U16 age groups. In addition to coaching at SSCV Lad is an RMD Alpine Coach and Official.

As an athlete Lad was the Central Division Region IV Champion and competed on the American Pro Tour. Lad's goal for his athletes is to help them gain self-confidence while improving their ski ability, meeting or exceeding their goals.

Lad studied at Western State College and Kent State University. And when he isn't surrounded by ski racing, he enjoys sailing and spending time with his friends and family.

Email: llavicka1@skiclubvail.org



Brian Eggleton, Pro Shop Manager & Boot Fitter

2012 was Brian's first season with SSCV. He hails from Putney, Vermont and graduated from the University of Colorado, Colorado Springs with a BS in International Business. He plans

to make sure all athletes' feet are as comfortable as possible on the hill!

Email: beggleton@skiclubvail.org



Jake Wurth, Strength & Conditioning Director

Jake comes to us from Omaha, Nebraska where he studied at the University of Nebraska at

Omaha on a baseball scholarship and earned a degree in Exercise Science.

Having a wide variety of coaching experience Jake is sure to be an asset to us here at SSCV. He has varying degrees of coaching certifications and has coached nearly all age groups. Jake's goal for his athletes is to improve their overall performance and to develop not only great athletes but great people.

In his free time Jake enjoys the outdoors. From skiing to mountain biking he does it all and above all loves being in the mountains.

Email: jwurth@skiclubvail.org



Brandon Dyksterhouse, Athletic Director

Brandon joined SSCV in 2013. He hails from Seattle, Washington and is excited to be joining us in Vail! Brandon has much experience in alpine racing as both a coach and athlete. He has previously been affiliated with BC Alpine, Green Mountain Valley School, University of Vermont and Front Range Ski Club. Athletically Brandon has had 18 NCAA wins, was the 1997 NCAA National Giant Slalom Champion, a five time NCAA All American and inducted into the UVM Hall of Fame in 2010. He was the Head Coach for BC Alpine, GMVS and FRSC as well as the Assistant Coach for the University of New Mexico.

A 2000 University of Vermont graduate, Brandon earned a BS in Business Administration; this paired with his on snow experience makes him an excellent fit for Athletic Director. When Brandon isn't skiing, you can find him cycling-road, mountain, cyclocross, downhill and BMX!

Email: bdyksterhouse@skiclubvail.org

Training Environment

- Daily video review and uploaded to www.sprongo.com for personal review - Timing for analysis and feedback.
- Superior snow preparation and terrain.
- World class training arena; fully netted.

Conditioning, Wellness and Mental Training

- Movement analysis by Ski & Snowboard Club Vail's Strength & Conditioning Director Jake Wurth (complete physical evaluation including Vo2 maximum and conditioning program are available on request).

Equipment Preparation

- Full service provided on 1 pair of skis for training on January 7 and 8. Additional service available at SSCV athlete discounted cost.

- Race waxing: "Wax to win the HWK way" by HWK national sales manager Karl Hocht

*HWK products and tuning equipment are for sale at the SSCV Pro Shop at member pricing.

Schedule**:

Monday January 6

12:30 Arrival and Registration at Ski & Snowboard Club Vail

12:45 Welcome, Camp Orientation and Safety Briefing

1:00 Equipment and Binding Check - Brian Eggleton

1-3:30 SG Sections and Speed Elements Training

4-4:30 Video Analysis

4:30-5 "Wax to Win the HWK Way" by HWK national sales manager Karl Hocht

5 pm SG Skis received for complimentary race tuning at SSCV -

Returned to SSCV by 7:30 am following day.

Tuesday January 7

11:15 Movement Prep and Warm-up at “Center of Awesomeness” SSCV - Jake Wurth

12-3 SG Full Length Training, Timing

3:30-4 Video Analysis

SG Skis received for complimentary race tuning at SSCV -
Returned to SSCV by 7:30 am following day.

Wednesday January 8

11:15 am – 11:45 pm Movement Prep and Warm-up at “Center of Awesomeness” SSCV - Jake Wurth

Noon – 2:30 pm SG Full Length Training

3:00 pm – 3:30 pm Video Analysis

Wrap up and Departure

Departure and See You Next Camp!

** Schedule subject to change.

Costs:

\$1195

Cost includes:

- Complete 3 day training program
- Deluxe racer swag bag

\$1395

Cost includes:

- Complete 3 day training program
- Deluxe racer swag bag
- Lift Tickets for 3 days