

SSCV Adult Ski Racing Programs 2013-14

Camp 2 - Pre Season SL and GS Training

Get back on snow with comprehensive technical training program. Camp includes a complete **evaluation of equipment including boot fit and alignment**, ski prep including base and side bevels and proper base grind. **Movement analysis and joint health screening** will be provided by Ski & Snowboard Club Vail (SSCV) Strength and Conditioning staff and members of our medical team.

Participants will receive **complete ski prep for two pairs of skis** 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!*

WORLD CUP Race Course Venue Access- Exclusive Tour of the Beaver Creek Birds of Prey Downhill Course included in this camp!

A maximum of 12 participants will be accepted. A minimum of 3 coaches will conduct each training session. [To register for this Camp go to www.skiclubvail.org and click on the "Register" button along the top bar if you not a current Ski & Snowboard Club Vail family. If you are a current Ski & Snowboard Club Vail family click on the "MySSCVLogin" button along the top bar to register. If you have questions regarding the online registration process please contact our Membership Services Manager at mpavese@skiclubvail.org or call 970-790-5121.](http://www.skiclubvail.org)

Dates:

December 3-6, 2013

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.

Slalom and Giant Slalom training including free-skiing, drills, gate progressions, video analysis and timed training are utilized to maximize improvement in intensive 4 day training camp on Vail's Golden Peak Competition Arena. Training is conducted alongside teams from around the world as they prepare for their World Cup, NCAA and FIS racing seasons.

Morning and evening programs include video analysis, sport psychology, conditioning and equipment preparation.

Staff:

Special Guest Coaches

Kristina Koznick Landa

Crawford Pierce

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 this season 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



Erin Beskid, *Peak Performance Coach*

Erin Beskid comes to SSCV from the University of Denver where she earned an M.A in Sport and Performance Psychology. Originally from Maryland, she played soccer and earned a B.A in Psychology and Elementary Education at Washington College.

As the clubs Peak Performance Coach her goal is to train athletes in the mental skills that can help them to perform their best. These days she enjoys snowboarding, biking and ice hockey among other outdoor activities. She is looking forward to expanding the Peak Performance program to support students in both athletic and academic endeavors.

Email: ebeskid@skiclubvail.org

Phone: (970) 790-5137



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

Phone: (970) 790-5132



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



Aldo Radamus, *Executive Director*

Aldo began his career at Wilmot Mountain, a small ski area outside of Chicago in 1979. From 1981 to 1984 Aldo coached at Ski Club Vail and left to coach the U.S. Ski Team where he was the Women's Head World Cup SL and GS Coach until 1986 while still residing in the Vail Valley. In 1986 Aldo and his wife Sara, also a SCV coach at the time, moved to Steamboat Springs where Aldo became the Head Alpine Coach for the Steamboat Springs Winter Sports Club. In 1990, Aldo received the award as "USSA Domestic Coach of the Year". In 1994 Aldo returned to the US Ski Team first as the Men's Head World Cup SL and GS Coach becoming Athlete Development Director in 1996 and finally as Development Team Head Coach prior to returning to Vail with Sara and son River. In August 2002 Aldo assumed the Executive Director's position here at Ski & Snowboard Club Vail.

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Training Environment

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

- WORLD CUP Race Course Venue Access- Exclusive Tour of the Beaver Creek Birds of Prey Downhill Course with SSCV Executive Director Aldo Radamus

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).

- Baseline physical screening provided by Ski & Snowboard Club Vail medical team including orthopaedic surgeons from the Steadman Philippon Clinic or Vail - Summit Orthopaedics.

- Yoga and relaxation session by Revolution Yoga

- Sport Psychology "Maximizing your Training Effectiveness" by Ski & Snowboard Club Vail's Peak Performance Coach Erin Beskid.*

*Additional private consultations available by appointment

Equipment Preparation

- Boot Fitting and alignment review by Pro Shop Manager Brian Eggleton*

*30 min. fitting work provided free of charge. Additional half hours billed at \$29 plus materials.

- One full service provided on 2 pairs of skis prior to or during camp (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**:

Tuesday December 3

10:00 Arrival and Registration at Ski & Snowboard Club Vail
10:15 Welcome, Camp Orientation and Safety Briefing
10:30-12:00 Movement Analysis and Joint Health Screening - Jake Wurth and Medical Team
12:00-Lunch Break
12:45 Equipment and Binding Check - Brian Eggleton
1:00-3:30 GS Training
3:30 Video Analysis
4:15-5:00 Boot fit and alignment evaluation - Brian Eggleton
*GS Skis received for complimentary race tuning at SSCV - Returned to SSCV by 7:30 following day.

Wednesday December 4

8:15-8:45 Movement Prep and Warm-up at "Center of Awesomeness" SSCV - Jake Wurth
9:00-11:30 GS Training
11:30 Video Analysis
12:30 Lunch Break
1:30-2:15 SL Technique Chalk Talk at SSCV - Kristina Koznick
2:15-3:00 Race waxing: "Wax to Win the HWK Way" by national sales manager Karl Hocht
3:00-4:00 - Sport Psychology "The Mindfulness Approach to Training and Competing" by Ski & Snowboard Club Vail Peak Performance Coach Erin Beskid.
4:15-5:00 - Yoga and Relaxation - Vail Athletic Club

Thursday December 5

8:15-8:45 Movement Prep and Warm-up at "Center of Awesomeness" SSCV - Jake Wurth
9:00-11:30 SL Training
11:30 Video Analysis
12:30 Lunch Break
1:30-3:00 Beaver Creek Men's SG/Downhill Tour with Former WC Coach Aldo Radamus
3:30-4:30 Performance Nutrition: "Understanding Your Grocery Shopping" SSCV-Jake Wurth
*SL Skis received for tuning at SSCV - Returned by 7:30 following day.

Friday December 6

6:15 Movement Prep and Warm-up at "Center of Awesomeness" SSCV - Jake Wurth
6:30-9:00 On-Snow Training SL
9:00 Video Analysis, Wrap-up and Evaluations
10:45 Start of Men's WC SG at BC (on own)
Departure and See You Next Camp!

** Schedule subject to change.

Costs:

\$1495

Cost includes:

- Complete 4 day training program (without lodging)
- Deluxe racer swag bag

\$1895

Cost includes: -Complete 4 day training program

-3 nights double occupancy lodging at The Tivoli Lodge

www.tivolilodge.com

-Deluxe racer swag bag