

National Capital Outaouais Ski Team

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Mt Hood Summer Camps 2010

Session 1
NCO FIS June 23rd - July 5th

Session 2
K1/K2 Development camp
Open to club athletes
July 8th - July 18th
Cost based on 10:2 ratio: \$1,900

Includes: Coaching, 8 days on snow, lodging and 3 meals, transportation, camp DVD, white water rafting.

Does not include: Airfare

To register contact: chrispowers@me.com



What to expect

Summer camp at Mt Hood is the ideal time and place for foundational training, for athletes of any age and caliber. In the summer months, the Timberline glacier is fully dedicated to ski and snowboard camps and is the preferred training venue for North America's top ski programs and academies.

At an elevation of 11,245 ft, and a summer skiing vertical of 2,616 ft, the summer skiing terrain is vast and diverse. Available terrain ranges from very steep, to moderate and flat, so whatever level of athlete you are training, they have the terrain to match.

To access the terrain, you have 2 high speed detachable quad lifts, which means lots of quality runs in a short period of time.



Why Mt Hood?

Snow quality

Thanks to the salt program at Mt Hood, you have consistent hard snow all day long for quality training. The grooming at Mt Hood is second to none, they are committed to delivering perfect snow to teams day after day.



Terrain

Flat, steep, rollers, you have access to everything. You have your own lane every day where only your team can train. Lanes are long, wide and allow for lots of repetition on a consistent grade of terrain.

Ski testing

This is the best place to test all the of next years race stock equipment in realistic winter conditions. Major suppliers are on hand with skis in all sizing, boots, and service.

The full summer camp experience

The on snow component is only one part of what makes this camp memorable. After skiing, summer activities await you daily. Past favorites include: field sports at Welches elementary school, hiking to Tamanawanas falls, Trillium lake swim, capture the flag in Mt Hood National Forest, basketball in Government camp.

Day off activity: White water rafting at Deschutes River.



Coaching

NCOST Head FIS Coach Chris Powers will be leading the camps. Guest coaches will be added as athlete numbers require. We are targeting a 5:1 athlete to coach ratio.



Athletes can expect an individual and specific skill progression relative to their current skill level. The ultimate goal is to give each athlete a foundation for fast skiing for not only the upcoming season, but for years to come. We focus on these 3 areas:

1. How the athlete stands on their skis
 - correct understanding of stance & balance
 - athlete specific technical drills to achieve proper positioning
2. How the athlete moves on their skis
 - develop an efficient movement pattern
 - focussed on dynamic qualities of technical skiing

3. Turn shape and pressure distribution
 - pressure above the fall line
 - line interpretation in SL & GS
 - correct understanding of modern ski equipment and ski performance

DartFish video analysis software will be used on a daily basis for review and establishing technical goals. Athletes will receive their own camp DVD edit with photos and their skiing.

Athletes can also expect a high volume in slalom and GS drill courses with freeskiing. Lanes are long enough to combine both freeski and gates in one run.

This summer camp is also an excellent venue to address athlete equipment needs. Athletes will receive 1 on 1 ski tuning instruction, boot size, flex and alignment assessment.

Contact:

To register or for more information please contact Chris Powers: chrispowers@me.com