

SAAS FEE REPORT #1

FROM THE ATHLETES

Good food, great scenery, hospitable, lots of front flips. All these things describe Switzerland, in the last week many interesting things have happened... the first few days the weather was great, but the weather quickly broke and we received 80cm of snow in two days.

The light here is very flat, which makes for challenging skiing. For the most part we skied SL, at a low performance speed, doing many drills like bracing, Norwegian pole plant and many more interesting drills.

As dry land we do core and cage and usually at 8:50pm Marty punishes us for being a second late for bed! His punishments include wall sit, plank, and static core.

That's all for now! Peace out.

Eric Stewart
Hayden Korte-Moore
Zach Cameron

FROM THE HEAD K2 HEAD COACH

Hi everyone,

Greetings from Switzerland.

The conditions at the beginning of camp were awesome, nice weather and good snow. This gave us the opportunity to get our ski legs back. Lots of high tempo mileage, some drill courses, but mostly free skiing.

The last few days we've had to battle against Mother Nature facing high winds, poor visibility and 80cm of snow. With this weather have come some challenges and we've had to make some adjustments. We've made the best of it and used this time to slow things down and worked on body position as well as upper/lower body separation and of course on our powder skiing(still needs work). Looking at the smiles on everyone the weather has not dampened any spirits and we continue to get lots of mileage everyday.

It looks like were in for some more snow over the next few days and then the weather looks promising for the rest of the week. There has not been an opportunity to get on our GS skis of yet. I hope to after Monday.

See you on the 6th.

Martin