



May 9th-12th FIS GS Camp

Camp Overview

It is our intention to use these May camps as fundamental building blocks for our season. We will not be looking to race full length courses with timing, instead will be slowing down to focus on the fundamental ski skills that will build better skiers. We will be doing some freeskiing with drills, running stubby gate courses and brush courses while doing drills. We will mix in some full gate training as we see fit. The idea of moving into some full gates is to bring the skill development work we are doing while freeskiing and in the drill courses into the gates. I believe that if we can build strong, solid and athletic skier's we can teach the athletes how to not only go fast but how to go fast and control their speed.

As a bonus we will have 5 of our Canadian Ski Cross athletes working in with us for the GS camp!

These will be long hot days in the sun so please bring lots of liquid to drink, food to keep the athletes fueled and sun protection.

Where

Blackcomb is closed for the season so we will be training on Whistler. The Alpine is open and most of the upper mountain, so we have the luxury of being able to ski on different lifts with different terrain. Our lanes that we can set environments on will be on the T-bar at the top. This is a great lane with a moderate to easy pitch and flat provides a great slope for skill development. Plus being able to do laps on the T-bar means the turn around time is quick giving us more time on task.

Dryland

We will be mixing in some dryland through the camp, but this is not a dryland camp it is a ski camp with dryland. Our focus will be on skiing and utilizing the mountain that we have in our backyard as we switch to our dryland program following the May camps.

What to Bring

Everyone will need to have:

- GS equipment
- a proper helmet
- GS skis
- back protector
- DH suit preferably with shorts
- A lunch
- Dryland gear (shorts, T-shirt and athletic shoes)
- Water
- Sun protection

Daily Plan

This plan will be modified to what suits the conditions, weather, and hill conditions. For the most part expect to load the Whistler Gondola or the Creekside Gondola at 9am.

- Meet at the base of the T-Bar 9:30am
- Focused skiing until 11:45am
- 11:45-12:15 Lunch break in the roundhouse
- 12:15-2 focused ski work
- 3:30-4:30 Dryland

I am really looking forward to getting on snow in preparation for next year! If you have any questions or concerns, please feel free to reach out to me.

Sincerely,

Brad Eades

WMSC Lead FIS Coach

(604)902-1774

brad@wmsc.info

"You can motivate by fear, and you can motivate by reward. But those methods are only temporary. The only lasting thing is self motivation." -Homer Rice