



PNW SL CAMP INFORMATION

DESCRIPTION: This is a 4-day SL progression with an emphasis on technical/tactical skills that will incorporate varied SL courses and constraints. An overarching goal is to bring PNW athletes together for synergy and skill improvement, while encouraging collaboration among PNW coaches.

WHEN: July 29th – August 1st, 2024

WHERE: Timberline, Mt. Hood OR.

Timberline **REQUIRED** online **RELEASE FORM:** [CLICK HERE](#)

PRE-CAMP ZOOM MEETING: [JOIN ZOOM MEETING](#)

Sunday July 28th, 7:00PM (Meeting ID: 817 9153 7221, Password: 2024)

PROJECT WHATSAPP LINK: [JOIN HERE](#)

(Main line of communication for parents & athletes)

DAILY SCHEDULE:

Monday-Thursday

- 6:45 AM Daily - Meet PNW coach at the back of the Wy'East Lodge for a lift ticket. (Athletes with summer passes can go directly to the lift.)
- 6:45-7:15 AM Athletes get geared up and in line for the Magic Mile Lift.
- 7:30 AM Athletes Load the Mile
- 8:00-8:30AM Warm-Up (Dynamic warm-up at the top of the lane followed by skiing).
- 8:30-10:00AM Training Block
- 10:00-10:30AM Break/Snack/Reset
- 10:30AM-12:00 PM Training Block (12:00PM ish Training Concludes)
- 12:00-12:30PM Parent Pick-Up in Timberline Parking Lot
- 2:30PM Video Review at Collins Lake Resort, Unit E 075. (DROP OFF ATHLETES AT THE ENTRANCE OF COLLINS LAKE.) No Video Review on Thursday.

DRYLAND ACTIVITIES:

Monday-Wednesday

- 3:30PM Depart from video review to dryland activities.
- 5:30PM Return to Collins Lake. ATHLETE PICKUP STREET-SIDE OF COLLINS LAKE.
- 5:30-7:30PM Wax Room at CLR E075 Open. Coaches will be available to help.

****Times of daily training and dryland may change depending on conditions, athlete needs, and travel times. These changes will be communicated in WhatsApp.****

LIFT TICKETS:

- Athletes with a Summer Pass may go directly to the lift line.
- Athletes who paid for a daily pass will meet a PNW coach at the back of the Wy'East Day Lodge at 6:45AM daily for a ticket.

EQUIPMENT/PACKING LIST:

- SL Ski equipment (Skis, Poles, shin guards, chin bar, etc.)
- Helmet (Required for all events and free skiing)
- Ski clothes for all conditions. (It could be hot, freezing, wet. Be prepared!)
- Sunscreen & Chapstick - CRITICAL!
- Water bottle - CRITICAL!
- Snack/Lunch
- Day pack/boot bag to bring on the hill
- Seasons Pass (if applicable)
- Workout clothes, including laced tennis shoes (MANDATORY), and hiking boots/shoes.
- Swimsuit
- Wax/Tuning Equipment (Iron, Vices, Etc.)

ATHLETE SAFETY:

Summer Ski Safety - Five things - PLEASE sit down and read to/cover with your athletes:

1. Rocks – Snow melts QUICKLY. Areas where you ski one day may be rocks the next day. Please use caution and do not ski on the edges of the runs or close to the rocks.
2. Sunscreen – Apply regularly. In the AM lift line, and during break at a minimum.
3. Hydration – bring 2 water bottles in your day pack daily.
4. Weather – Bring a pack to the hill - bring extra gloves, rain gear, extra lenses. Often the mornings are very cold and by the time we get off the hill it's in the 70's. Layering is optimal!
5. Slow Skiing – summer is for technique! It would be a shame to get hurt in the summer and sit out a whole season. Stay in control and work on those SL turns!

Thank you,

Carson Ruud & PNW Staff

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