



U16 NPS SG/GS Project Copper Mountain, CO December 3-8, 2017

Overview:

A national development project on the U.S. Ski Team's Speed Center at Copper Mountain to bring the top U16 athletes in the country together to focus on fundamental development and increasing pace in SG and GS.

Goals:

- Volume and repetition in SG and GS at the U.S. Ski Team's Copper Speed Center
- Fundamental instruction on gliding and jumping skills
- Sectional training to focus on the critical elements of flats, steeps, and changing terrain
- Time-trial environments in SG and GS to create a sense of intensity and competition

Schedule:

December 3: Arrival
 December 4: GS free skiing and SG sections
 December 5: SG sections
 December 6: SG sections and SG time trial
 December 7: GS sections
 December 8: GS time trial; Departure

Section Matrix:

Date	Event	1	2	3	Notes
December 4	GS	Field Goal: jumping technique	A-Road to Oh-No	Oh-No to Lights-Out	New Snow. 11 Runs 4 x 12 Two Sections
December 5	SG	Field Goal: jumping technique	A-Road to B-Road: gliding technique and terrain adaptation	B-Road to Lights-Out: gliding technique and terrain adaptation	8-10 Jumps 5 x 13 Two Sections 1 x 28 Connected
December 6	SG	Field Goal: jumping technique	A-Road to B-Road: gliding technique and terrain adaptation	B-Road to Lights-Out: gliding technique and terrain adaptation	A-Road to Lights-Out: SG time trial 8-10 Jumps 1 x 32 Section 4 x 32 (34) Full Length
December 7	GS	Oh-No to B-Road: blue-line transition drill	Lights-Out to Rosi's: focus panel drill	A-Road to B-Road: GS through terrain	4 x 24 Blue Line 4 x 24 Focus Panel 2 x 36 GS
December 8	GS	B-Road to Rosi's: GS time trial	2 nd run start moved down		1 x 44 Reset 1 x 40 (42)



Report:

The U16 National Performance Series (NPS) started the season with the Super-G and GS project at Copper Mtn., December 4th – 8th. 48 athletes from around the country worked closely with 18 national, regional and club coaches to refine their skills at the U.S. Ski Team Speed Center. The full-length Downhill venue was completely secured and the snow and terrain were prepared for elite ski racing. The NPS athletes had the venue all to themselves, and took every advantage of the situation to have the best training experience possible.

The project plan included three days of Super-G training and two days of GS training. Super-G training included sections focusing on the fundamental elements of jumping, gliding and skiing through terrain. Repetition and volume helped raise the athletes' confidence levels. By the third day, the group was running full-length Super-G with timing on the lower part of the venue.

Tactics were the focus of GS training using moderate and steeper terrain. The blue-line drill was used to help athletes improve the timing and quality of their transition between turns. The focus panel drill was used to help athletes improve the initiation of their turns. Drill sections were connected into longer courses, and by the final day athletes trained on two full-length courses with timing. Intensity and focus was high, as well as the quality of skiing. Video that was captured by the coaches can be found in the project's [Google Drive folder](#).

The weather included about six inches of snow on the first day, followed by four days of clear skies and cold (single-digit Fahrenheit) temperatures. While volume was a primary goal of the project, the number of runs had to be cut short on the cold days because of frostbite danger. After two years of running this project, we have encountered similar conditions each time, so we need to plan accordingly going forward. If volume remains an important goal, we could extend the project by 1-2 days to account for inclement weather and athlete fatigue.

Another big goal of this project was to create time trial environments for this national group of U16 athletes to increase intensity and a sense of competition. This was a change from the previous year, when we hosted a race as part of the Copper project, in order to push pace on the hill without introducing scoring or selections so early in the season. This was largely successful in both SG and GS and was well-received by the athletes. Unfortunately, however, due to the cold weather, we were unable to have as many timed runs as we had planned on the time trial days.

Another important goal of the project was to introduce U16 athletes to their peers from around the country. This was successfully done through randomized training groups on the hill. However, rooming and meals were split up by region because of how the project was organized. This was a comfortable situation for most coaches and athletes, but at the same time it was a missed opportunity for inter-regional mingling off the hill – a component that many U.S. Ski Team athletes subsequently cite as a highlight of their own experiences at development projects.

A special thank you goes to the NPS Staff: Marco Sullivan, former USST athlete from Squaw Valley, who shared invaluable experience with the athletes and coaches, and Trevor Wagner, former USST coach, who built the U.S. Ski Team Speed Center venue earlier in the fall and shared his extensive knowledge while coaching the project.

Thank you to Frank Kelble and Copper Mountain staff for helping to make this project exceptional; to Dave Luhti of the Double Diamond for keeping everyone well-fed; and to the Fox Pine Inn for their ski-in, ski-out hospitality. And finally, thanks to all of the staff and athletes for their teamwork in tearing down all the b-net at the end of the week.



Athletes

Girls

Aust, Chloe (2003) - BMA
Birtwhistle, Emma (2002) - SSCV
Bocock, Mary (2003) - RM
Braun, Grace (2002) - GMVS
Braun, Jenna (2002) - SMS
Castner, Haley (2002) - BBTS
Cornelius, Allyson (2002) - ASVC
Hoyt, Taylor (2003) - SSCV
Jemison, Ava Sunshine (2002) - SSCV
Kaiser, Merit (2003) - SVSEF
Klebba, Jaden (2003) - NYSEF
Mannelin, Danika (2002) - RM
Mueller, Molly (2002) - Proctor
Neu, Aliza (2002) - SVST
Resnick, Emma (2003) - SSCV
Rountree-Williams, Nicola (2002) - SSCV
Sage, Piper (2002) - ASC
Severn-Ericksson, Annika (2002) - PCST
Shaw, Pernilla (2002) - Proctor
Stahla, Mary Grace (2002) - ASC
Sullivan, Georgie (2002) - SBA
Trudeau, Samantha (2002) - BMA
Washburn, Isabelle (2003) - SSWSC
Welter, Ariana (2002) - GMVS
Zimmermann, Zoe (2002) - BMA

Boys

Gideon, Cole (2002) - SSWSC
Gillis, Daniel (2002) - BMA
Graves, Tanner (2002) - KMS
Grossman, Buey (2002) - SVSEF
Hall, Wyatt (2002) - SSCV
Holm, Fletcher (2002) - SSCV
Kearing, Luke (2002) - CVA
Lahrman, James (2002) - SSWSC
Louchheim, Carter (2002) - RM
Mann, Aiden (2002) - SMS
McKim, Killian (2002) - FSC
Owens, Cam (2002) - SSWSC
Packer, Sam (2003) - SSCV
Parazette, Oliver (2002) - JHSC
Puckett, Cooper (2003) - SSWSC
Reich, Jack (2002) - SSWSC
Richeda, Nicolas (2002) - SSWSC
Robbin, Aidan (2003) - BMA
Sarchett, Ryder (2003) - SVSEF
Simon, Jordan (2003) - SSWSC
Thomas, Dylan (2002) - SBA
Turner, Teagan (2003) - SBA
Vilandrie, Nevin (2002) - GMVS
Washburn, Marat (2002) - SSWSC



Staff:

Chip Knight – National Alpine Development Director
Jeff Pickering – Western Region Youth Coach
Darlene Nolting – Rocky Central Development Director
Kathy Okoniewski – Eastern Region Youth Development Coach
Trevor Wagner – former U.S. Ski Team World Cup, Olympic, and Development Team coach
Marco Sullivan – former U.S. Ski Team member, World Cup and Olympic athlete
Gladys Weidt – Sugar Bowl Academy
Skip Puckett – Rowmark Ski Academy
Zach Schwartz – Jackson Hole Ski Club
Will Day – Mammoth Mountain Ski Team
Willie Volckhausen – Aspen Valley Ski Club
Ben Brown – Steamboat Springs Winter Sports Club
Sylvan Kaufman – Ski and Snowboard Club Vail
John Kemp – Ski and Snowboard Club Vail
Shaun Goodwin – Ski and Snowboard Club Vail
Peter Ostroski – Burke Mountain Academy
Bart Bradford – Green Mountain Valley School
Ashleigh Boulton – Proctor Academy
Christian Herzog – Stratton Mountain School

Girls SG Time Trial							Time
27	Haley	Castner	F	2002	ER	BBTS	73.49
29	Zoe	Zimmermann	F	2002	ER	BMA	73.51
7	Mary	Bocock	F	2003	WR	RM	73.65
17	Isabelle	Washburn	F	2003	RC	SSP	73.79
9	Nicola	Rountree-Williams	F	2002	RC	SSCV	73.81
19	Pernilla	Shaw	F	2002	ER	Proctor	74.50
25	Georgie	Sullivan	F	2002	WR	SBSTA	74.54
11	Allyson	Cornelius	F	2002	RC	ASVC	74.56
43	Chloe	Aust	F	2003	ER	BMA	74.57
1	Jenna	Braun	F	2002	ER	SMS	74.69
33	Grace	Braun	F	2002	ER	GMVS	75.17
13	Samantha	Trudeau	F	2002	ER	BMA	75.28
15	Emma	Resnick	F	2003	RC	SSCV	75.41
39	Emma	Birtwhistle	F	2002	RC	SSCV	75.81
41	Ariana	Welter	F	2002	ER	GMVS	76.20
37	Taylor	Hoyt	F	2003	RC	SSCV	76.39
45	Mary Grace	Stahla	F	2002	WR	ASC	76.72
47	Jaden	Klebba	F	2003	ER	NYSEF	78.02
5	Annika	Severn-Ericksson	F	2002	WR	PCST	78.25
21	Merit	Kaiser	F	2003	WR	SVSEF	78.99
31	Danika	Mannelin	F	2002	WR	RM	DNS
23	Molly	Mueller	F	2002	ER	Proctor	NT
3	Piper	Sage	F	2002	WR	ASC	NT
35	Aliza	Neu	F	2002	WR	SVST	NT



Boys SG Time Trial							Time
10	Cooper	Puckett	M	2003	RC	SSP	70.59
38	Jack	Reich	M	2002	RC	SSP	70.73
18	Dylan	Thomas	M	2002	WR	SBSTA	71.19
6	Oliver	Parazette	M	2002	WR	JHSC	71.32
48	Cole	Gideon	M	2002	RC	SSP	71.72
40	Cam	Owens	M	2002	RC	SSP	72.13
12	Daniel	Gillis	M	2002	ER	BMA	72.16
20	Nevin	Vilandrie	M	2002	ER	GMVS	72.58
30	Tanner	Graves	M	2002	ER	KMS	72.69
42	Jordan	Simon	M	2003	RC	SSP	72.71
22	Marat	Washburn	M	2002	RC	SSP	72.92
14	Killian	McKim	M	2002	ER	FSC	73.00
46	Buey	Grossman	M	2002	WR	SVSEF	73.15
8	Aiden	Mann	M	2002	ER	SMS	73.25
24	James	Lahrman	M	2002	RC	SSP	73.68
26	Luke	Kearing	M	2002	ER	CVA	74.17
16	Carter	Louchheim	M	2002	WR	RM	74.38
2	Sam	Packer	M	2003	RC	SSCV	74.41
28	Ryder	Sarchett	M	2003	WR	SVSEF	74.92
34	Aidan	Robbin	M	2003	ER	BMA	NT
32	Wyatt	Hall	M	2002	RC	SSCV	NT
36	Nicolas	Richeda	M	2002	RC	SSP	NT
44	Fletcher	Holm	M	2002	RC	SSCV	NT
4	Teagan	Turner	M	2003	WR	SBSTA	NT

<u>Girls GS Time Trial</u>							Run 1		Run 2		Total	
							Time	Rank	Time	Rank	Time	Rank
15	Emma	Resnick	F	2003	RC	SSCV	70.32	1	55.94	5	126.26	1
7	Mary	Bocock	F	2003	WR	RM	70.59	2	55.67	3	126.26	1
35	Aliza	Neu	F	2002	WR	SVST	71.35	3	56.03	6	127.38	3
9	Nicola	Rountree-Williams	F	2002	RC	SSCV	71.75	5	55.64	2	127.39	4
37	Taylor	Hoyt	F	2003	RC	SSCV	72.26	7	57.02	9	129.28	5
33	Grace	Braun	F	2002	ER	GMVS	73.22	9	57.00	8	130.22	6
19	Pernilla	Shaw	F	2002	ER	Proctor	74.99	12	57.17	10	132.16	7
21	Merit	Kaiser	F	2003	WR	SVSEF	73.68	10	59.04	14	132.72	8
23	Molly	Mueller	F	2002	ER	Proctor	71.56	4	NT			
25	Georgie	Sullivan	F	2002	WR	SBSTA	72.21	6	NT			
45	Mary Grace	Stahla	F	2002	WR	ASC	73.07	8	DNF			
3	Piper	Sage	F	2002	WR	ASC	74.55	11	DNS			
29	Zoe	Zimmermann	F	2002	ER	BMA	DNF		55.19	1		
17	Isabelle	Washburn	F	2003	RC	SSP	DNF		55.77	4		
49	Ava Sunshine	Jemison	F	2002	RC	SSCV	DNF		56.97	7		
1	Jenna	Braun	F	2002	ER	SMS	DNF		57.50	11		
5	Annika	Severn-Ericksson	F	2002	WR	PCST	DNF		58.04	12		
39	Emma	Birtwhistle	F	2002	RC	SSCV	DNF		58.49	13		
41	Ariana	Welter	F	2002	ER	GMVS	DNF		59.12	15		
31	Danika	Mannelin	F	2002	WR	RM	DNF		59.51	16		
47	Jaden	Klebba	F	2003	ER	NYSEF	DNF		60.03	17		
11	Allyson	Cornelius	F	2002	RC	ASVC	DNF		DNF			
13	Samantha	Trudeau	F	2002	ER	BMA	DNF		DNF			
27	Haley	Castner	F	2002	ER	BBTS	DNF		NT			
43	Chloe	Aust	F	2003	ER	BMA	DNF		DNF			

Boys GS Time Trial							Run 1		Run 2		Total	
							Time	Rank	Time	Rank	Time	Rank
38	Jack	Reich	M	2002	RC	SSP	67.78	3	53.11	1	120.89	1
36	Nicolas	Richeda	M	2002	RC	SSP	67.62	2	53.83	5	121.45	2
48	Cole	Gideon	M	2002	RC	SSP	69.00	4	53.27	2	122.27	3
44	Fletcher	Holm	M	2002	RC	SSCV	69.12	5	53.85	6	122.97	4
6	Oliver	Parazette	M	2002	WR	JHSC	69.34	6	54.43	8	123.77	5
18	Dylan	Thomas	M	2002	WR	SBSTA	69.77	9	55.10	9	124.87	6
46	Buey	Grossman	M	2002	WR	SVSEF	70.56	11	55.42	12	125.98	7
2	Sam	Packer	M	2003	RC	SSCV	71.88	16	55.53	13	127.41	8
30	Tanner	Graves	M	2002	ER	KMS	71.86	15	55.85	14	127.71	9
4	Teagan	Turner	M	2003	WR	SBSTA	71.71	14	56.15	15	127.86	10
12	Daniel	Gillis	M	2002	ER	BMA	71.20	12	56.70	16	127.90	11
14	Killian	McKim	M	2002	ER	FSC	71.70	13	58.71	17	130.41	12
42	Jordan	Simon	M	2003	RC	SSP	74.39	17	58.73	18	133.12	13
28	Ryder	Sarchett	M	2003	WR	SVSEF	67.37	1	DNF			
24	James	Lahrman	M	2002	RC	SSP	69.70	7	DNF			
16	Carter	Louchheim	M	2002	WR	RM	69.76	8	DNF			
26	Luke	Kearing	M	2002	ER	CVA	69.85	10	NT			
40	Cam	Owens	M	2002	RC	SSP	DNF		53.64	3		
10	Cooper	Puckett	M	2003	RC	SSP	DNF		53.77	4		
32	Wyatt	Hall	M	2002	RC	SSCV	DNF		54.12	7		
20	Nevin	Vilandrie	M	2002	ER	GMVS	DNF		55.11	10		
8	Aiden	Mann	M	2002	ER	SMS	DNF		55.41	11		
22	Marat	Washburn	M	2002	RC	SSP	DNF		DNF			
34	Aidan	Robbin	M	2003	ER	BMA	DNF		DNF			