



Eastern Region Training Plan

MAY 2017 – Flight School – Speed Fundamentals - Mammoth, CA

U19 (May 13-20) U16 (May 21-27)

Content and goals: This camp is focused on jump technique, terrain management, and turn transitions. Emphasis on fundamental movement patterns and how they relate to managing terrain, course sets, and speed. Natural and artificial snow features will be utilized.

Eligible: All RTG athletes plus invitee list

Leader:

Kyle Darling – Eastern Region Development Coach

Staff:

Home program coaches x 3

JUNE 2017 – Conditioning Camp – Character Building – TBA

Content and goals: content is a secret, goal is to build mental toughness, grit, and teamwork

Eligible: All RTG athletes plus invitee list

Leader:

Kyle Darling – Eastern Region Development Coach

Staff: TBD

JUNE 2017 –Multi YOB SL project– Mt Hood, OR

June 20th- June 29th, 2017

Content and goals:

Bring the best ranked, top performing YOB '00- '04 SL skiers of the Eastern Region together with the other regions for head to head training across multiple YOB. Providing pace and a focused learning environment. Goal is to have USST staff as mentors/coaches also. Training focus will be on key technical movements in transition, correct body positions and tactics related to SL. There will be dedicated free ski sessions focusing on fundamental skills led by coaches each day.

Eligible: Selected '00-'04 athletes

Leader(s):

National and Regional development staff

Staff:

Home program coaches from each region

SEPTEMBER 8th- 24th, 2017- Tri Regional DH/SG/GS/SL La Parva, Chile

Content and goals: Prepare athletes for upcoming 2017.18 NorAm and U19 National Performance Series races, vary the terrain and course sets across all 4 disciplines, gliding and jumping in speed environment, Regional crossover and collaboration amongst athletes and staff

Eligible: All RTG athletes plus invitee list

Leader(s):



Kyle Darling – Eastern Region Development Coach

Ian Dunlop – RC Region Development coach

Staff: TBD

NOVEMBER 14th-17th, 2017 –Speed SG/GS prep – Copper, CO

Content and goals: This camp is designed to focus on athletes targeting early season competition. A Tri-Regional project to get on the USST speed venue. Full length SG/GS courses with goal of 4-5 runs per session.

Eligible: All RTG athletes

Leader:

TBD – Eastern Region Development Coach

Staff: TBD