



September 24, 2018

Dear athletes, parents and coaches:

Congratulations! You are receiving this letter as an invitation to the next Men's D-Team project November 5-19 at Copper Mountain, CO.

This is the fourth Men's D-Team project of the 2018-19 preparation period with Head Development Coach, Sasha Rearick. The goal is to continue to bring our best young athletes together as we focus on raising training intensity in preparation for the race season ahead. There will be a four-event focus at this project, along with crossover exposure to higher level athletes.

The camp will be a blend of four-event training. In tech, we will primarily focus on rhythm and timing to find race pace and confidence. These sessions on the front side of the camp will be balanced with some fundamental drills in and out of the gates to make sure we are continuing to ingrain our balanced athletic stance as we link fast turns. In speed, we will work more progressively through a step by step progression of glide turns, movement through terrain and balanced athletic stance on steeps. The final steps of this progression will be on rhythm and timing in a full-length environment. We expect each athlete to come with a good attitude, a growth mind set and ready to give 100% effort on a clear specific focus each session.

All named D-Team athletes are invited to this project, as well as select National Development Group and other athletes based on coaches' discretion. We are aiming to provide high-quality exposure to a wide group of athletes at a critical time in the preparation period. In order to accomplish that, the athletes will be broken into two groups as outlined below. The overarching effort is to provide value-added programming that will help athletes make the step to the C-Team, compete at the top of NorAm Cup, and chart a career path to the top of the World Cup.

<b>Invited Athletes</b>	
<p><b><u>Group 1</u></b></p> <p><b>D-Team</b>            Jett Seymour            Andrew Miller            Ben Ritchie            Trey Seymour            Isaiah Nelson</p> <p><b>National Development Group</b>            Jimmy Krupka            Bridger Gile            Jacob Dilling            Zane Worrell            Axel Bailey            Kellen Kinsella</p> <p><b>Coaches Discretion</b>            Jack Smith            Patrick Coughlin            Tanner Perkins</p>	<p><b><u>Group 2</u></b></p> <p><b>National Development Group</b>            Jeremy Mathers            Max Miller</p> <p><b>Coaches Discretion</b>            Noah Riemenschneider            Scott Bocock            Nico Richeda            Cam Owens            Jack Reich            Fletcher Holm            Oliver Parazette            Marat Washburn            Wyatt Hall            Luke Kearing</p>

For staff, Sasha Rearick will lead the project, with assistance from regional and club coaches, TBA. Athletes should bring appropriate equipment for training all events. Important items to remember are:



SL, GS, SG, and DH equipment Back protector Full outerwear and race suit Rain gear	Tuning supplies Workout clothes Water bottle Sunscreen	Journal Flash drive for video
---	---	----------------------------------

The planned schedule is as follows:

- November 5: Travel to Copper
- November 6: SL training; GS training
- November 7: SL training; GS training
- November 8: SL training; GS training
- November 9: SL training; GS training
- November 10: Off
- November 11: GS training
- November 12: SG training
- November 13: SG training
- November 14: SG training
- November 15: Off
- November 16: DH training; SL training
- November 17: DH training; SL training
- November 18: DH training; SL training
- November 19: SG training; travel home

Feel free to be in touch with Sasha or me if you have any further questions. We're looking forward to a great project!

Sincerely,

Chip Knight  
[chip.knight@usskiandsnowboard.org](mailto:chip.knight@usskiandsnowboard.org)  
435-531-6325

Sasha Rearick  
[sasha.rearick@usskiandsnowboard.org](mailto:sasha.rearick@usskiandsnowboard.org)  
435-640-8616