



September 21, 2018

Dear athletes, parents and coaches:

Congratulations! You are receiving this letter as an invitation to the next Women's D-Team project November 5-17 at Copper Mountain, CO.

This is the third Women's D-Team project of the 2018-19 preparation period with Head Development Coach, Marjan Cernigoj. 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 fundamental themes of maintaining a balanced athletic stance, stable upper body position, lower-leg engagement, and a smooth transition will remain central as the group works on incorporating them at pace in varied environments. We expect each athlete to come with a good attitude, a growth mindset, and a willingness to work hard.

All named D-Team athletes are invited to this project, as well as select National Development Group and other athletes based on coaches' discretion. The overarching goal 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.

Invited Athletes	
D-Team Cecily Decker Keely Cashman Nellie Rose Talbot Ainsley Proffit Zoe Zimmerman Nicola Rountree-Williams	National Development Group Storm Klomhaus Allie Resnick Alix Wilkinson Brynne Hitchcock GG Wattenmaker Caroline Jones Ava Sunshine Jemison Coaches Discretion Olivia Holm

For staff, Marjan Cernigoj 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	Tuning supplies	Journal
Back protector	Workout clothes	Flash drive for video
Full outerwear and race suit	Water bottle	
Rain gear	Sunscreen	

The planned schedule is as follows:

- November 5: Travel to Copper
- November 6: SL free skiing; SL training
- November 7: SL training; SL free skiing
- November 8: SL training; GS free skiing
- November 9: GS training
- November 10: Off
- November 11: GS training; SG free skiing



- November 12: GS training; SG training
- November 13: SG training
- November 14: Off
- November 15: DH training; SL training
- November 16: DH training
- November 17: DH training; travel home

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

Sincerely,

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