



**TSSC Alpine Summer
Camp
Mt Hood
June 9-17, 2019**

Camp Information

TSSC Alpine summer Camp will provide a comprehensive alpine summer camp experience. The Camp is being held at Mt Hood on the Palmer Snow Field. Our Base of operations will be in The Icicle Chalet on 1st Street, Government Camp, OR.

There are two levels of camp support.

Full Camp: This includes travel to Mt Hood and back from Telluride. It will include lodging on the trip to Government Camp and on the way home. We will depart on June 7 from the Clubhouse and return to the clubhouse in Telluride on June 18. Eight days on snow and one day of Oregon playtime. It also includes race training, coaching, lift tickets to Timberline Ski Area, lane space, salt for lane preparedness, lodging, three meals a day and a snack, daily video and analysis, dryland activities, 24 hour supervision, ski testing, transportation to the ski area and much, much more.

Full Camp Cost: \$2,400

*We will be staying at the Canyon Quest Inn & Suites in Twinn Falls, ID June 7. We will be staying at the Quality Inn & Suites in Meridian, ID on June 17.

***Food on the way to and from Mt Hood is not included.

Day Camp: This camp includes all of the on-snow costs for eight days on snow. It does not include travel to and from Mt Hood, accommodation or meals/snacks.

Camp cost: \$1,400

TSSC Summer Camp 2018

Daily Plan

Daily Schedule

5:25 AM wake-up
5:30 Morning warm-up
5:45 Breakfast
6:30 Departure
7:00 Load lifts
9:30 Snack break
11:45 Training concludes
12:15 PM lunch
1:00 Cleaning duties***
1:30 Dryland / activities
4:00 Hot Tub girls/Tune Wax boys
5:15 Video review
6:00 Evening Discussion (Topics found Below)
6:30 Dinner
7:30 Hot Tub boys/Tune Wax girls
9:00 Lights out

***There will be a daily sign up for house chores. Everyone staying in the Great Lodge will be expected to perform daily cleaning and other chores.

Evening Discussion

June 9 Daily/Weekly Agenda
June 10 Routine-Training Days/Race Days
June 11 Tuning Philosophy and logistics
June 12 Training Cycles & Competition Periodization
 “Long term cyclic structuring to maximize performance with competition periods.”
June 13 Off
June 15 How to get the best out of training.
June 16 How to inspect-distance, rhythm, terrain, combos, tricks.

Summer Ski Camp Check List

(Please print out and use)

Personal/Backpack (Ski boots to be carried on outside of bag)

- ☐ Any photo ID card
- ☐ Medical insurance and identification card
- ☐ Ski boots *best last season model* [wear a little around the house to make sure they fit / your foot is adjusted to boots after time off]
- ☐ Sunglasses
- ☐ Alarm clock / cell with alarm
- ☐ Cell phone (optional / welcome)
- ☐ Some spending money (about \$50-\$150) for small snacks / incidentals and food travelling to and from Mt Hood.
- ☐ Mobile phone/Music player and headphones (if you have one)
- ☐ extra sweatshirt to keep warm / comfortable during your travels
- ☐ Anything else needed/wanted for travels
- ☐ A water bottle must be with you at all times

One Large Ski Bag

- ☐ Slalom skis (tuned, waxed, and strapped) *best last season model*
- ☐ Giant Slalom skis (tuned, waxed, and strapped) *if skiing on GS skis last season*
- ☐ Helmet *hard ear and FIS approved recommended*
- ☐ Googles (2 pairs preferred) *one with extra dark lenses*
- ☐ Poles (2 pairs preferred)
- ☐ Gloves (2 pairs preferred)
- ☐ Warm-up pants (on cold days)
- ☐ Winter or spring jacket (windbreaker & waterproof) for cooler days
- ☐ If space permits, pack some of your soft ski clothing in your ski bag too

One Large Suitcase/Duffel Bag

- ☐ Ski socks *long*
- ☐ SL shin guards
- ☐ Tuning equipment with file, file guide, scraper and wax. We will have a bench, vises and an iron available for your use
- ☐ Sport socks & house socks (socks must be worn indoors)
- ☐ Training shorts (ski shorts) if possible
- ☐ DH/GS/SL suit (only need one)
- ☐ Stealth top / padded top (only for older racers)
- ☐ Sunscreen (S.P.F. 30+)
- ☐ Tooth brush & toothpaste
- ☐ Shampoo
- ☐ Two towels (two or more so that you can use them for the duration of your stay) [towels not provided at camp]
- ☐ Summer clothes, shorts & shoes
- ☐ Summer dryland gear & shoes
- ☐ Bathing suit and/or swim shorts

******You are allowed one ski bag, one large soft duffel bag and one backpack. Put your overnight needs in your backpack.**

******The ski bags will be leaving with LG from the TSSC clubhouse on June 6 at 8:00 am.**

Meals

Meals for the Full Camps will take place at the Icicle Chalet. All meals will be family style and campers will be expected to help set up and clean up after. Dinner and lunch will include: crudités platters, salad, bread and dessert. The TSSC summer camp will provide the best meals/food plan of all 70 plus camps at Mt Hood. Every meal will offer a vegetarian option.

Breakfast: will include hot and cold cereal, bagels with cream cheese, fruit, juice, tea and coffee.

Snacks: will be available to take with you for consumption on the hill. They will include protein bars, fruit, chips and other snacks.

Lunch: will consist of a deli bar, soup (chicken, vegetable, etc.) or chili, fruit, chips and dessert with healthy beverages.

Dinner: will be a rotating evening menu. Dinners will include: Lasagna/mac and cheese, BBQ, chicken parm with pasta, ratatouille with baked chicken, Pizza Night, chicken teriyaki with vegetable fried rice and shrimp lo mein, breakfast for dinner, taco night.

*****Snacks will not be provided for Day Campers. Please come to each day of on-snow training with sufficient snacks and drinks.**

TSSC Summer Camp

Daily Training Schedule

Full and Partial Campers will be brought to the Wy' East Café and Lodge, which is a short walk to the lifts. Day campers need to be in the lodge to meet the coaches by 6:45 am. Campers can put their boots on either at their own house/condo or in the lodge. It is a fifteen minute drive to the lodge from Government Camp.

Schedule

Every Day Warm up routine:

- 1) Slow round "C" shaped turns with a pole plant.
- 2) Scholpys.
- 3) Poles behind back.
- 4) Lift inside ski.
- 5) Ski with "Buddy".

Day 1 June 9 SL

Focus: Balance = Slow, precise turns. Brush gates. Pole plant.

Day 2 June 10 SL

Focus: Rotary = Redirection without edging. Brush gates, stubbies.

Day 3 June 11 SL

Focus: Edging, Pressure. Panel gates, stubbies.

Day 4 June 12 SL

Focus: Four Elements. Panels, stubbies, full gates.

Day 5 June 13 Off

Day 6 June 14 GS

Focus: Balance, Rotary. Brush gates, stubbies. Pole plant.

Day 7 June 15 GS

Focus: Edging, Pressure. Stubbies, full gates.

Day 8 June 16 GS

Focus: Four Elements, line. Full gates, brush gates.

Day 9 June 17 GS

Focus: Line. Stubbies, brush gates.

Logistics

June 6: Meet at TSSC Clubhouse at 8:00 am with ski bag. Pack 1 pair of SL and 1 pair of GS skis in bag. Also, put as much ski clothing in ski bag as possible.

June 7: Meet at TSSC Clubhouse at 7:30 am. Please have all of your clothes, items, etc. efficiently packed in one bag. Put your overnight needs in your backpack (toothbrush, underwear, socks, swimsuit, etc.)

June 7: We will be staying at the Canyon Quest Inn & Suites in Twinn Falls, ID June 7.

June 8: Arrive in Government Camp. Full campers stay at the in The Icicle Chalet on First St, Government Camp Or..

June 17: Full campers depart Government Camp. They will be staying at the Quality Inn and Suites in Meridian, ID.

June 18: Arrive at the TSSC Clubhouse late afternoon.

Vans

Van 1 Driver: Justin Chandler.

Riders: Pella, Reagan, Eva, Skyler.

Vans 2 & 3 Drivers: Tyler, Krystin, Rachael, Kulani and Michael.

Riders (Outbound): Camille Denman, Juliette Denman, Charlotte Guest, Maya Shults, Anna Ward, Greyson Gerber, Chloe Herir, Caleb Ward, Taylor Carlson, Breton Hampton, Booker O'Dell.

Riders(Return): Charlotte, Chloe, Maya, Anna, Greyson, Parker, Caleb, Breton, Booker and Jack Spencer

Camp Coaches

Camp Director - Larry Gianatti

TSSC Executive Director - Justin Chandler

Camp Coaches - Krystin Wignall, Tyler Lefebvre, Rachael Lefebvre, Kulani Aplin and Michael Kerr.