



Tree-Top Adventure Course

WMR Conditioning Camp

West Mountain Ski Area

Queensbury, NY

July 5-9, 2021

Dryland Training for **Ski Racers** & Sports Enthusiasts

Athletes: U12-U19 Ski Racers & Athletes, Ages 10-18.

Director: Steve Lathrop, WMR Head Alpine Coach.

Cost: \$395 for 5-day dryland training program.

**Critical Off-Season Conditioning ...
Improve Athletic Performance & Reduce the Risk of Injuries.**

Why a summer conditioning camp?

The conditioning camp offers U12-U19 ski racers, ages 10-18 an opportunity to enjoy a fun-filled fitness adventure in the **Adirondacks of Upstate New York** and begin their education about a critical part of successful ski racing. High level competition in any sport requires an increasing commitment to strength, cardio, core, balance & agility and flexibility.

What you will gain from the WMR Conditioning Camp:

1. **Get in great shape** and launch and/or expand your summer/fall conditioning activities.
2. **Learn how to condition the athletic body** with a complete, comprehensive conditioning program.
3. **Make some new friends with similar interests** in ski racing and high-performance athletics.



Train and Hike in the Lake George Region of the picturesque Adirondacks.

In addition to conditioning exercises, athletes will acquire knowledge about the important elements of dryland training. That is, the camp is educational. Conditioning is now a critical part of high-performance ski racing, as well as all sports.



Enjoy the beautiful Lake George region.

Tree-top ropes courses, mountain hiking Are part of the fun-filled dryland conditioning program.

Located in the southeastern corner of the Adirondacks of New York, the WMR Conditioning Camp uses the area's resources to produce a fun, productive curriculum for aspiring racers. Most of the dryland training activities take place at West Mountain. However, we will also use nearby soccer fields, hiking trails and fitness facilities. In case of inclement weather, camp activities shift to a local trampoline center and climbing wall facility.

West Mountain Racing ... A Unique Ski Program for Rising Alpine Racers

In Ski Racing ...

West Mountain Racing (WMR) presents a wonderful opportunity for junior racers to pursue their ski racing dreams, while not compromising any of their academics. WMR now offers an on-snow training program as full, intensive and complete as any ski academy in the country.

In Academics ...

For those interested, WMR has a unique relationship with Queensbury High School and Middle School. These schools cooperate with WMR, and WMR coordinates with the schools, allowing for high-quality academics and intensive race training. Queensbury High School offers the prestigious International Baccalaureate program, while placing students in top colleges and universities around the country.

Checkout the WMR website: WestMtRacing.com

2021
WMS Conditioning Camp
Daily Schedule

Monday to Friday

(NOTE: Camp ends at 12 noon on Friday)

8:45 am Drop-Off Athletes at West Mountain
9:00- 9:30 Warm-Up & Stretching
9:30-11:30 Morning Conditioning Session

11:45-12:30 LUNCH



Morning Conditioning Sessions

Balance, Agility, Footspeed Exercises
Cardio & Core
Circuit Training (obstacle course, etc.)
Weight Training (intro to weightlifting technique)

Afternoon Dryland Training

Hiking Various Trails on West Mountain
Tree-Top Ropes Courses at West Mountain
Nearby Running Trails (Hudson Point Trails)
Soccer, Capture the Flag (in 30-acre plot)

Tech Talks

Off-Season Dryland Training Strategy & Program
Imagery & Visualization for Aspiring Athletes
World Cup Racing Images for Off-Season Advancement

Cost of Camp: \$395

Includes: Conditioning program, 9 am – 4 pm (pick up at 12 noon on Friday).

Excludes: Lunch. BYO or purchase lunch in the West Mountain cafeteria.

Register & Pay Online: WestMtRacing.com

1. Fill out the online camp Registration Form.
2. Make online credit card payment.
[If check payment preferred, make check payable to 'West Mountain Racing.' Mail it to the address below.]
3. Print out, fill out and email the Medical/Liability Form to: sara@westmtn.net Or, bring the form to check-in.

Check-in at 8:30-8:45 am, Monday

West Mountain/WMR Conditioning Camp
59 West Mountain Road
Queensbury, NY 12804

Questions:

Email preferred: slathrop@westmtracing.com (Steve)

Telephone: (802) 379-5574 (Steve Lathrop)

Website: www.westmtracing.com

Mailing Address: WMR Conditioning Camps, 59 West Mountain Rd, Queensbury, NY 12804

What to Bring

- Workout clothes: sweatpants, sweatshirt, shorts
- Hiking clothes shorts, sweatshirt, windbreaker
- Workout Shoes for workouts & hiking)
- Swimsuit
- Day pack (to carry extra clothes and water bottle)
- Water Bottle!! **Required!**
- Bandana!! ... for sun & virus protection. **Required!**

Space is limited. First 20 to sign up are guaranteed spots.

Corona Virus Impact:

Obviously, the Corona virus may have an impact on the camp. As the country slowly opens, the camp will follow national and state protocols. Presently we are planning for an ordinary outdoor camp.

As the date gets closer, we will make whatever adjustments are necessary, if any.

The camp is all outside, and therefore in the safest environment possible.

For more info, call Steve Lathrop at (802) 379-5574.