



West Mountain Racing
2021-22 WMR Alpine Development Camps

WMR Summer Race Camp

Mt. Hood, Oregon

GS Session: July 17-26, 2021

SL Session: July 28-August 6, 2021



Open to: USSA U12/U14/U16/U19 Racers
Days on Snow: 8 of 9 days per session (1 day off) .

[See note on Corona Virus below.]

Ski Academy-Level Coaching & Training

Focus on Skills, Slalom & GS

Summer race training offers a great opportunity to work on fundamentals both in and out of courses in a relaxed, focused, and fun atmosphere. Daily on-snow training (7 am to 12 noon) is spent doing free-skiing drills and running lots of drill courses under the direction of the elite WMR coaching staff. The Palmer Snowfield on Mt. Hood is renowned for some of the best summer training conditions in the world, obvious to the Canadian Ski Team, US Ski Team and other national teams which frequent it.

Mt. Hood ... Highest Mountain in Oregon (Elevation: 11,237 feet)

Afternoons are filled with a variety of outdoor activities, which allow athletes to enjoy the beauty of Mt. Hood and the surrounding Cascade Mountains, the only volcanic mountain range in the Continental US. Activities include hiking to a volcanic crater or scenic waterfalls, enjoying thrill rides at the nearby Adventure Zone, and sipping blackberry shakes in Govy. On days off, the group may go rafting on the Deschutes River, paddle boarding in Hood River, or picking some of the biggest blackberries and raspberries in the country. Afternoons and evenings wrap up with tuning, tech talks and video analyses.

On-Snow Training

The first 2 days of the camp focus on free-skiing drills, then transition to gate training ... lots of gates. Training courses are set with a variety of themes in order to allow racers to focus on different SL and GS skills. For important variety, courses are set with stubbies, brushes and tall gates.

Accommodations at Collins Lake Resort

Coaches and 'Full Camp' athletes stay in very convenient condos in Government Camp. "Govy" is the closest village to Timberline Ski Area and sits at the bottom of the access road to the mountain. It is a small resort village with ski shops, restaurants, bars and a convenience store. Other teams often stay at the Collins Lake condos too, which makes it fun to meet athletes from other parts of the country. Families with athletes may also rent condos at Collins Lake Resort (800-234-6288; www.CollinsLakeResort.com).

Parents who Travel with 'Full Campers' or with 'Day Campers'

Parents/families who come have lots to do ... ski a couple of days, ride up the scenic chairlift, hike up to the snowfield, watch training, carry a salt bag, mountain bike, golf at a nearby 27-hole course, or explore the beauty of the Columbia River, Cascade Mountains and Pacific Ocean. **Make it a family vacation!** For U12 (and qualified U10 racers), parents are encouraged to come, but not required. Parents may stay at the Collins Lake Resort or other nearby lodging facilities (see list below). For convenience, most parents rent a car. Day Camper parents must rent a car to transport their athlete(s).

Travel Schedule for 'Full Campers' (SL & GS Sessions):

- July 17 & 28 Fly into Portland International Airport, Portland, Oregon.
Target time of arrival for WMR van pick-up: 11 am to 2 pm.
Arrive Collins Lake Resort, Government Camp, Oregon in time for dinner & meeting.
- July 26 & Aug 6 Depart Government Camp 2-5 pm for Portland airport after a regular day of training.
Schedule flights to depart Portland (PDX) after 5 pm on July 26 and Aug 6. Flights departing on July 26 and August 6 arrive on the East Coast the next day.

Cost of 'Full Camp' Session: \$2795 (WMR members: \$2595). Reservation deposit \$1000.

Includes: Lodging 9 nights, 3 meals/day, 8 days lifts and lanes, salt as needed, daily transportation, transfers to/from Portland International Airport (within designated arrival-time windows), elite coaching, tech talks and video analysis.

Excludes: Airfare, any travel expenses except as noted above, lunches on days off.

Cost of 'Day Camp' Session: \$1995 (WMR members: \$1795). Reservation deposit \$1000.

Includes: Lifts & lanes (8 days), salt, elite coaching, video & tech talks.

Excludes: Airfare, airport transfers, lodging, meals, daily transportation to mountain.

Flights for 'Full Campers'

Parents and other family members are welcome to join the group. Some racers will travel with parents. Others will travel with the group and coaches. Others will travel by themselves.

Flying with Camp Friends or Alone: WMR coaches will pick up and drop off athletes who arrive and depart during the normal travel windows (see above).

Flying with WMR Coaches: Coaches will depart from Albany. For athletes traveling with the group, please communicate with WMR to coordinate travel plans.

Register Now on WMR Website: westmtracing.com

Questions:

Email (preferred) **Steve Lathrop** at: slathrop@westmtracing.com or call (802) 379-5574.

WMR Website: westmtracing.com

Space is limited. Register now!

Corona Virus Impact:

The Corona virus may have an impact on the camp. Last summer, all camps had to operate as "Day Camps." This year, insiders anticipate that camps at Mt Hood will operate "normally," with athletes and coaches staying in condos rented by the camp. As the country slowly opens, the camp will follow national and Oregon protocols very closely.

As the date gets closer, WMR will make whatever adjustments are necessary, if any, for Covid rules. For more info, call **Steve Lathrop** at (802) 379-5574.

PLEASE ... Everyone who is eligible to receive a vaccination should GET VACCINATED!!!



NOTE: The WMR Conditioning Camp is set for July 5-9, 2021. See website or request an Info Sheet.



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Information for Traveling Parents

Local Background:

Government Camp, Oregon is the closest town to the Timberline Lodge Ski Area, usually referred to as “Mt Hood” in the summertime. In the wintertime, there are five ski areas operating on different parts of Mt Hood, each with a different name. Government Camp, or “Govy,” is located at the bottom of Timberline Rd. This access road is 5.6 miles from Govy to Timberline Lodge Ski Area (about a 10-minute drive). Parking is at the Day Lodge, which is next to Timberline Lodge (open for lodging), and 200 yards from the chairlift. The Day Lodge also serves breakfasts and lunches (both are good buffets).

Lodging Suggestions:

Lodging in Government Camp is the most convenient but limited. The towns of Welches and Rhododendron are 10-12 miles toward Portland, and about 50 minutes to/from Portland International Airport. Welches has some lodging options, including The Inn at the Mountain – a first-class facility with lots to do, as well as a 27-hole golf course. Sandy is 15 minutes beyond Welches (30 minutes to Govy) with many lodging options; but not many skiers stay in Sandy because of the distance. Here are some lodging ideas:

	<u>Town</u>	<u>Type of Lodging</u>	<u>Distance to Govy</u>	<u>Telephone</u>
Collins Lake Resort **	Government Camp, OR	Condominiums	in Govy	800-234-6288
Grand Lodges ***	Government Camp, OR	Condominiums	in Govy	800-234-6288
Best Western Mt Hood Inn**	Government Camp, OR	Hotel	in Govy	507-272-3205
Resort at the Mountain ***	Welches, OR	Hotel, golf, tennis	14 miles	503-622-2220
Timberline Lodge ***	On the mountain	Big historic hotel	5.6 miles	503-272-3311
Mountain Air Motel *	Welches, OR	Small motel	14 miles	503-622-3169
Mt Hood Cabins *	Welches, OR	Small cabins	13 miles	503-622-4275
All Seasons Vacation Rentals	Property manager for rental apartments & houses).			503-622-1142
	* Very Basic	** Nice facility	*** Very nice facility	

Meals

For guests staying in condos, meals can be home cooked at big savings. Groceries can be purchased at Hoodland Thriftway, a full grocery store in Welches. In Sandy, there are some major grocery chains – Fred Meyers and Safeway. A small general store is located in Govy with a few basic groceries. There are several restaurants in Govy, plus the Timberline Lodge on the mountain. Timberline’s Day Lodge serves breakfast and lunch.

Car Rentals

All the major car rentals are available at Portland International Airport. With a bit more effort, rental car companies are also available a short distance from the airport. Once out of the immediate airport area, rental car prices drop significantly. Below is one such off-site rental car company.

Service Rental Car Tel: 866-715-0999 This agency will pick up and drop off at the airport during normal business hours with advanced reservations.

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