



2021-22

West Mountain Racing

WMR Race Camps

Early-Season Focus on Skill Developer

Sunday River, Maine

2021 Sessions:

Nov 20-24, Nov 20-27, Dec 3-5



Open to USSA & High School Racers, U12-U19.

Director: Steve Lathrop, WMR Alpine Racing Director.

Ski Academy Coaching ... Ski Academy Training ... for all USSA Racers

Get a **HUGE** jump on the ski racing season!

Learn the fundamental skills of World Class racers! A focused, ski-academy curriculum of skill development. These pre-season camps offer a terrific opportunity for enthusiastic young racers to start their winter of race training under the tutelage of elite WMR ski coaches. The curriculum includes lots of free-skiing drills and stubbie/tall-gate courses. The goal is to get athletes standing properly on their skis, review critical fundamental movements, and go over the drills and progressions that top racers in the world practice, including the U.S. Ski Team.

Early Snow at Sunday River Resort

Several ski areas in the Northeast try to open as early as cold temperatures allow snowmaking. Sunday River is one of the earliest, sometimes opening in October. Even though some ski areas open by Thanksgiving weekend, very few offer snow conditions and lane space that allow for gate training. Sunday River is an exception.

On-Snow Training, Daily Video, Ski Tuning & Tech Talks

Racers train double sessions each day from 8:30 am to 3 pm. While the camp focuses on skill development, much of the schedule concentrates on skills outside of courses, but athletes run stubbie courses and tall gates as well. Video analysis, tuning and tech talks keep athletes busy between skiing and bedtime. It is a full day!

3:30-4:00 Tuning		6:30-7:00 Video & Tuning
4:00-5:00 Study Hall	6:00-6:30 DINNER	7:00-8:00 Tech Talk & World Cup video analysis
5:00-6:00 Video & Tuning		9:00 Lights Out! All electronics out!

Equipment Needed (SL skis only)

For the WMR camps at Sunday River, bring 1 pair of tuned slalom skis and poles, basic tuning tools (file, file guide, diamond stones), wax and SL guards (shin and chin). SL skis are best for early-season drills and gates.

Study Time

WMR recognizes that successful racers must be conscientious student/athletes and encourages good study habits at WMR race camps. A study period (quiet hour) takes place from on most days. Bring homework! High school athletes may also study from 9-10 pm.

Cost of WMR Sunday River Camps

	<u>Nov 20-24 (5 days)</u>		<u>Nov 20-27 (8 days)</u>		<u>Dec 3-5 (3 days)</u>	
	<u>Overnight</u>	<u>Day Camp</u>	<u>Overnight</u>	<u>Day Camp</u>	<u>Overnight</u>	<u>Day Camp</u>
All Guest Racers:	\$1195	\$895	\$1795	\$1495	\$675	\$595
WMR Team Members:	\$995	\$795	\$1595	\$1195	\$595	\$495

NOTE: Dates are the on-snow training days. Lodging check-in: 8 pm the night before.

OVERNIGHT INCLUDES: Lodging, Lifts, Breakfasts & Dinners, WMR Race Training Program, Training Lanes.

EXCLUDES: Lunches, meals/snacks during van travel, WMR van option to/from camps (\$100).

DAY CAMP INCLUDES: Lifts, WMR Race Training Program, Training Lanes.

EXCLUDES: Lodging, Meals, Transportation.

Transportation Options to Camps:

1. Racers provide their own transportation.
2. Racers ride in the **WMR Vans**, departing and returning to West Mountain. Sign up for van transportation separately when registering for the camp. See schedule below. **Cost \$100 RT.**

Camp Session:	On-Snow Days:	DEPART from West Mtn:	RETURN to West Mtn:
Nov 20-24 ...	Sat-Wed (5 days)	Friday, Nov 19, 3:00 pm	Wednesday, Nov 24, 7:00 pm
Nov 20-27 ...	Sat-Sat (7 of 8 days)	Friday, Nov 19, 3:00 pm	Saturday, Nov 27, 7:00 pm
Dec 3-5 ...	Fri-Sun (3 days)	Thursday, Dec 2, 3:00 pm	Sunday, Dec 5, 7:00 pm

NOTE: On the return days, a full session of training happens before departure at 1 pm.

Camp Lodging: Snow Cap Youth Lodge

Coaches and racers stay at the Snow Cap Youth Lodge. It is perfect for the needs of the WMR camp. The lodging is a bunk facility with a ski tuning room, a video viewing area and a tech talk location, and breakfasts and dinners are served in the cafeteria. Lights out at 9 pm, along with all electronic devices!

Snow Cap Youth Lodge is located on the Sunday River access road.

GPS Setting: 15 South Ridge Road, Newry, Maine 04261

Telephone: 207-824-5000 (ask for Snow Cap Youth Lodge)

Lodging Options for Parents:

Some parents drop off their athletes at Sunday River and stay in the area; some drop off and go home. Parents may call Central Reservations to make lodging arrangements. Parents may ski if they choose, but please no "hovering."

Sunday River Central Reservations: 800-543-2754 (early-season rates apply)

Check-In between 6-8 pm & Welcome Meeting at 8:30 pm:

On arrival days (Nov 19 or Dec 2), check into the lodging facility from 6:00 – 8:00 pm. Eat dinner before arrival. WMR van arrives around 8 pm. At 8:30 pm there is a welcome meeting in the lobby of the Snow Cap Youth Lodge for athletes and attending parents.

Register & Pay Online: www.westmtracing.com

To register, go to the homepage and click on the big red box → "**CLICK HERE to Register Online TODAY.**" For athletes (parents) who have registered for previous WMR camps, use your username and password to open your account. For first-time registrations, create an account with a username and password. Once logged in, choose the camp session (and separately, van transportation), register and pay with a credit card. For questions, call 802-379-5574.

Camp Questions:

Email preferred to Steve Lathrop: slathrop@westmtracing.com

Telephone: (802) 379-5574

West Mountain Racing website: www.westmtracing.com

Space is limited. First 21 to sign up for each session are guaranteed spots.



Steve Lathrop WMR Alpine Racing Director



In his racing career, Lathrop competed for 5 years on the World Cup circuit as a member of the US "A" Ski Team. He competed in the FIS World Championships, was ranked 16th in the world in slalom and 33rd in the world in downhill. Lathrop was US National Downhill Champion, US National Combined Champion, US Junior National Slalom Champion, and CanAm Slalom Champion. He received a BA degree from Middlebury College and an MBA degree from Harvard Business School.

Lathrop has coached ski racing all of his adult life. His 4 daughters were VARA State Champions, USSA Eastern Champions, or US Jr National Champions, and one a US 'D' Ski Team member. Recently Lathrop was the director of Stratton Mountain School's Alpine Development Program, and now is alpine racing director of West Mountain Racing, including the WMR Race Camps.