



SPEED ELEMENTS CAMP

February 3rd and 4th, 2020, Monday and Tuesday, respectively
Killington Mountain Resort – Killington Mountain School - Killington Ski Club

TSASRA has partnered with the Killington Mountain School and the Killington Ski Club for the 2019 Speed Elements Camp. This alliance brings a lot of benefits and as many changes. One huge benefit is we will be meeting and working out of the Killington Ski Clubhouse, on the right, past the base lodge. We'll be meeting in the "Johnny O" room.

This year, the camp will be open to U14, U16, and U19 athletes who have a coach recommendation to attend.

The camp will run from the 3rd of February through the 4th of February with the options of either a 1 or 2-day camp, i.e., Monday, Tuesday, or Both Days. **All three age groups can register for either, or both, days. NOTE:** This is a change from the past.

The emphasis will be on Speed Elements, not necessarily just SG, however, **this is a sanctioned event**, so the equipment requirements are those for SG.

Super G Equipment Requirements

U Group (Men and Women)	Minimum Length (cm)	Minimum Radius (m)
U19	183	30
U16	183	30
U14	No Rule	17

Most of the camp will delve into speed elements in a SG environment, to include proper tucks (high and low,) tuck turns, gliding turns, jump progression, wave tracks, varied terrain, and picking an appropriate line for speed (faster) events.

This should be an exciting camp with more terrain and different venues for us.

The venues we have will change a little day by day. On Monday we have Highline, and Swirl, with the possibility of B Slope at Pico. Tuesday, we have Needles Eye, Highline, and Swirl. We will work to get Needles on Monday.

Cost: \$55 per day (\$100 for the two-day experience)

To register, go to adminskiracing.com, click on TSASRA, and scroll down to the **Wachusett**, where you'll find it. However, before an athlete can register, a coach

recommendation must be received by us. Email the recommendation, including name and USSA# to: ewbassett@yahoo.com.

Commemorative T-Shirts are included for those racers who register by 11:59 PM on **January 12th**.

NOTE: In order to receive the commemorative T-Shirt, you must register **No Later Than 12 January, 2020**.

Meals, Transportation, and Lodging:

Meals, transportation, and lodging is the responsibility of the athlete. We have locked a block of rooms at the North Star Lodge, [North Star Lodge, Killington](#), (\$79 per night for both Sunday the 2nd and Monday the 3rd.) When booking specify “The Speed Elements Camp.”

T-Shirts: Parents, Siblings, Coaches

T-shirts are available, adult: small – xx large, for parents, siblings, coaches for \$14, **if** ordered No Later Than **January 12th, 2020**. This is a “no exceptions” cutoff date to provide the lead time necessary to get the shirts. Go to adminskiracing.com to order.

