

# SUMMER 2021 **TEAM SUMMIT INDOOR SKI CAMP** at **SNÖBAHN**

Please register under programs at **TEAMSUMMIT.ORG** to book your spot! Call (970)968-3080 with questions.

## PRICE

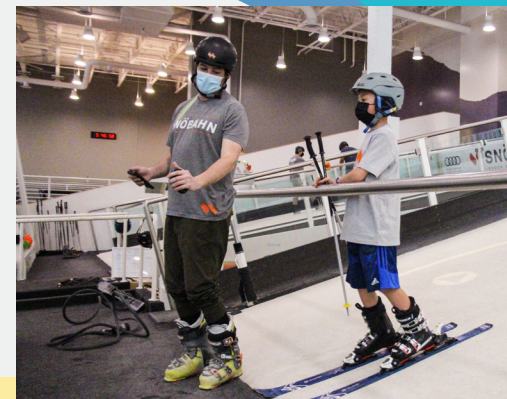
\$600.00 per athlete

**JULY 12th - 16th**  
FROM **9:00AM - 4:00PM**

SNÖBAHN is located at 6955 S. York St.  
Centennial, CO 80122

## OVERVIEW

This camp is for Intro to Team Summit athletes, Ski Race Devo, and Freestyle Devo athletes. This camp will help to refine technique, improve mechanics, and progress. This camp includes extensive training and in-depth exploration of ski technique on SNÖBAHN's state of the art slopes, olympic trampolines, and mega ramp. Athletes will experience accelerated improvement with video movement analysis, unparalleled practice volume, and a highly compressed feedback loop.



## DAILY OVERVIEW FOR ATHLETES

- Stretching and plyometrics
- Skiing on SNÖBAHN's revolving slopes
- Theory and video analysis
- Dry land training - strength, agility, and conditioning
- Trampoline training
- Break and lunch



## WHAT TO BRING

- Long socks
- Gym shoes
- Water bottle and lunch
- Snacks
- Helmet and ski boots if you prefer to use your own
- Campers must bring equipment to hit the Mega-Ramp

***"If you're a high level racer you can come here and take something that is already great and fine tune it. What you can accomplish here in 2-3 days with a couple sessions and a couple hours is equivalent to 20 days of skiing."***

**- Erik Schlopy: 3x Olympian ('94,'02,'06), 7x National Championship Competitor, World Pro Super G Champion, World Championships Bronze medalist**



# MORE INFO

## SKI RACER DAILY SCHEDULE DETAILS

### DAY 1 FOCUS

- Morning: Carpet acclimation, stance and balance, upper body discipline.
- Afternoon: Pressure, short and long radius turns

### DAY 2 FOCUS

- Morning: Rotary and upper body
- Afternoon: Edging and angulation

### DAY 3 FOCUS

- Morning: Slalom training
- Afternoon: Volume and endurance

### DAY 4 FOCUS

- Morning: GS training
- Afternoon: Volume and endurance

### DAY 5 FOCUS

- Morning: Individual-focused skills refinement
- Afternoon: Ownership mastery of achievement

## FREESTYLE ATHLETES DAILY SCHEDULE DETAILS

### DAY 1 FOCUS

- Ski Session: Conversion to Carpet
- Freestyle Session 1: Intro freestyle class
- Freestyle Session 2: Basic bounce/form/control

### DAY 2 FOCUS

- Ski Session: Basic Skills
- Freestyle Session 1: Back bounce, spinning
- Freestyle Session 2: Grabs

### DAY 3 FOCUS

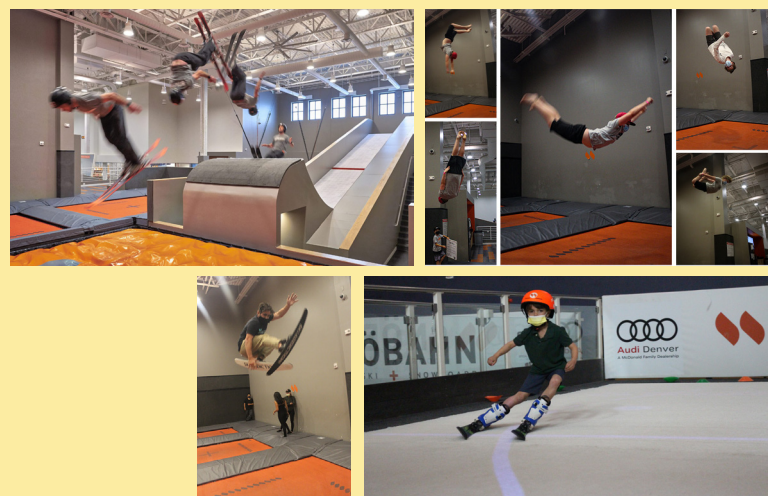
- Ski Session: Advanced Ski Training
- Freestyle Session 1: Intro to inverts, bungee
- Freestyle Session 2: Intro to ramp

### DAY 4 FOCUS

- Ski Session: Mogul Training
- Freestyle Session 1: Competition aerial training
- Freestyle Session 2: Ramp 2, 360 training

### DAY 5 FOCUS

- Ski Session: Individual-Focused Skill Refinement and Switch Training
- Freestyle Session 1: Ramp 3 - Inverts
- Freestyle Session 2: Jump Contest



## WHO IT'S FOR

INTRO TO TEAM SUMMIT,  
SKI RACE DEVO AND  
FREESKI DEVO ATHLETES  
AGES 6-15

## WHAT'S INCLUDED:

All gear is provided except skis for athletes who plan to hit the ramp