



Vancouver Ski Team

North Vancouver, B.C.

Summer, Fall & Off-Season Training Plan 2011

Skiing is a winter sport, requires snow and colder weather; however, what we do in the summer and how we utilize our off-season facilities is curtail to our success during the winter race month. Winter months will mostly be used for racing; training will occur mostly mid-week and prior and after a race series (if possible and when snow conditions and course conditions are at their prime). Vancouver Ski Team has many advantages over other clubs and ski teams; we have the opportunity to ski all three local ski areas during the winter, travel to Whistler in just under 2 hours, training and live in the greater Vancouver area and are just 7 hours away by car from Mt. Hood (the best and only year-round ski area in North America). Our goal during the 2011 off-season will be to utilize all these aspects and prepare for the 2011/2012 season as well as possible. Here are some of the details, schedules, dates and objectives for this 2011 summer & fall.

Dryland (aerobic conditioning)

VST will cooperate with TYEE and other ZONE clubs to utilize dryland space and equipment during the summer months (June & July) in Vancouver, BC. Dryland is scheduled for Tuesdays 6:30 – 8:00 PM and Saturdays 10:00 – 12 noon. All VST members should be at of as many of these training sessions as possible. Most, if not all sessions will have at least one VST coach present to work with the VST race team.

Strength Training (anaerobic conditioning)

In addition to a successful summer dryland and aerobic conditioning program, it will be important to hit the gym and weights much as possible. Weight room, gym and strength conditioning will start in mid-June at Crossfit gym in West Van on Thursday 7:00 – 8:30 PM. As the weather cools and winter draws closer strength conditioning will become a more significant part of pre-season conditioning.

Outdoor Camp (recovery / activity)

For many racers success in the winter is also based on quick recovery, proper diet, hydration and organization. This is the goal for our 3 day dryland / outdoor camp based in Washington State, immediately follow VST Snow Camp #2. Athletes will learn pack, recover, hike (and pack light), eat well, sleep quickly, etc. in an environment that will shadow winter travel from race to race and race to training, etc.

VST Outdoor & Activity Camp #1

Dates: August 26-29, 2011

Location: Washington, USA

Cost: ~ \$320-

Suitability: Performance & Development VST

Priority Level: 2

Summer Snow / Ski Camps (drills, gates, ski testing)

Mt. Hood and Whistler are almost next door; we will use the summer snow as much as possible / suitable for each racer and level. Coordinated travel may be possible to and help logistics and transportation is being researched. Summer Skiing at Mt. Hood is as consistent as possible; it is like a driving range for

golf or a weight room. Numerous runs on consistent course conditions allow racers to test equipment, work on different aspect of technique and prepare from one session to the next. Ideally we would like to spend 4-8 days on snow each month of May, June, July & August.

VST Summer Camp #1

Dates: July 15-25 (arrival July 15th PM, departure July 25th AM)

Location: Mt. Hood, Oregon – Lodging & Meals @ Tichy's

Cost: ~ \$1550- US includes lift tickets, local transportation, lane fees, meals, lodging...

Suitability: Performance & Development VST

Priority Level: 2

VST Summer Camp #2

Dates: August 21-26 (arrival August 21st PM, departure August 26th PM)

Location: Mt. Hood, Oregon – Lodging & Meals @ Tichy's

Cost: ~ \$770- US includes lift tickets, local transportation, lane fees, meals, lodging...

Suitability: Performance & Development VST

Priority Level: 1

Fall Pre-Season Ski Camp (final tune up, endurance & pre-race environment)

Real winter snow can start falling as early as October in Oregon and Colorado. When the summer months pass it is important to take what we learned into more realistic conditions. Final checks for equipment, gate strategy and courses are put into place. Mt. Hood in September / October is affordable and close, however weather is unpredictable. We will try for 2 three-day sessions (one each month), but these sessions will be weather dependent. November in Colorado has been predictable, consistent & training to some of the world best in an environment that can not be beat in North-America; a combination of the best snow-making, early morning training, runs designated to training only create a quick learning environment and the best predictability for early season training. December training at Sun Peaks lets us step in the tracks of the National Teams in a close to home affordable setting. Suitability for your races for any / all of these session should be discussed with the VST Head Coach.

VST Hood Fall Camp #1 (weather / conditions dependent)

Dates: September 22-25 (arrival September 22nd PM, departure September 25th PM)

Location: Mt. Hood, Oregon – Lodging & Meals @ Tichy's

Cost: ~ \$440- US includes lift tickets, local transportation, lane fees, meals, lodging...

Suitability: Performance & Development VST

Priority Level: 3

VST Hood Fall Camp #2 (weather / conditions dependent)

Dates: October 6-9 (arrival October 6th PM, departure October 9th PM)

Location: Mt. Hood, Oregon – Lodging & Meals @ Tichy's

Cost: ~ \$440- US includes lift tickets, local transportation, lane fees, meals, lodging...

Suitability: Performance & Development VST

Priority Level: 3

VST Colorado Fall Training Camp

Dates: November 4-13 (arrival November 4th PM into DIA, departure November 13th PM)

Location: Copper Mountain, Colorado (ski-in / ski-out lodging)

Cost: ~ \$1850- US includes lift tickets, local transportation, lane fees, meals, lodging...

Suitability: Performance & Development VST

Priority Level: 1

Sun Peaks, B.C. Early winter Camp

Dates: December 1-7 (arrival December 1st PM, departure December 7th AM)

Location: Sun Peaks, British Columbia

Cost: ~ \$600- includes lift tickets, local transportation, lane fees, meals, lodging...

Suitability: Performance & Development VST

Priority Level: 1