



March 25, 2016

Greetings Intermountain U14 Athletes!

By receiving this invitation you are invited to the 3rd annual U14 development project. Intermountain training projects are included in the USSA pipeline leading to the Western Region, National Training Group, and the US Ski Team! You have self-selected into this system through your results and efforts over the past season.

Projects are offered in a progression of experiences over the duration of your junior racing career. This project introduces the athletes to the Intermountain/Western Region Development process with important instruction in skill development at the U14 level and continues through to race preparation for years to come.

The project is designed to focus on bringing the best IMD U14 athletes and IMD coaches together to enhance their skill development and build friendships with fellow IMD athletes.

We are excited to host this project at Snowbird Ski Resort on April 15-17, 2016.

Please contact your direct coach and confirm your attendance by April 1st.

Best regards,

Carma Burnett
IMD Director
carma@ussa-imd.org
208-412-8565

Troy Price
IMD Development Committee Chairman
troyprice@rowmark.org
801-726-8927

IMD U14 Spring Project
April 15-17, 2016
Snowbird, UT

Project Dates & Schedule:

Thurs April 14th	Arrival to Hotel in SLC
Fri April 15th	Group Freeskiing
Sat April 16th	Skillsquest Drills and SL Kombi
Sun April 17th	Dual GS

Site

Skiing: Snowbird, UT
Lodging: Crystal Inn in Murray, UT

Goal

The purpose of this camp is to create a fun environment where top-level athletes can unite. Providing an opportunity to push each other to new levels as they execute a variety of challenges and tasks. Athletes will be assigned to a group, where they will develop strong team skills and connections with fellow IMD athletes.

Staff

Project Leader: Troy Price
Each IMD program that attends will have a coach representative.

Project Cost;

\$580.00 – Payable to IMD
Project Cost includes, lifts, lane space, training, housing, 3 meals a day, transportation, coaching fees, team activities, and a small gift.
Local athletes may elect to provide their own lodging and/or lift tickets. If so, please note this on your registration and deduct \$100 for Lodging and/or \$120 for Lift Tickets.

Travel

All athletes are responsible for covering their travel plans to and from SLC with their local program. Plan to arrive no later than 5pm on April 14th. Transportation will be provided to and from the hotel daily.

Lodging

We have confirmed lodging for all. We will be staying at : The Crystal Inn located at 818 East Winchester in Murray UT. 801-685-9300.
Lodging is optional, so we need confirmation by April 1st. If you elect to provide your own lodging you can deduct \$100 from the camp fee. Athletes who choose to stay at home will need to arrive at the Hotel each morning at 7:45am and be picked up at 8:30pm.

Invitation

Invitation based off IMD U14 series boards. We will accept the Top **20 men** and Top **20 women** who confirm; therefore we are happy to extend an invite to alternates as needed. We want to ensure we are providing this remarkable experience for the full quota size of 20 men and 20 women.

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Intent due by April 1st. Registration forms and payment are **Due April 5th, 2016.**

Coaches - Please confirm your athletes intent ASAP, so we can notify any alternates that are excited to join this opportunity.

RANK	USSA	COMPETITOR	TEAM	YOB	RANK	USSA	COMPETITOR	TEAM	YOB
1	I6262732	Wilkinson, Samantha	PCST	2	1	I6254161	Parazette, Oliver	JHSC	2
2	I6327418	Macuga, Lauren	PCST	2	2	I6260583	Grossman, Buey	SVSEF	2
3	I6267687	Bocock, Mary	SB	3	3	I6488136	Sarchett, Ryder	SVSEF	3
4	I6318961	Kaiser, Marit	SVSEF	3	4	X6293526	Hoffman, Thomas	RMK	2
5	I6270441	Fleck, Annaliese	JHSC	2	5	I6389801	Lindstrom, Ridley	SVSEF	2
6	I6238703	Brones, Meagan	PCST	3	6	X6312771	Stock, Lucas	STS	2
7	I6435434	Hanna, Falon	SVSEF	2	7	I6412800	Schaede, Jack	PCST	2
8	X6566449	Michael, Zoe	RMK	2	8	I6528517	Brunner, Evan	JHSC	2
9	I6355176	Jensen, Ani	PCST	2	9	I6329818	Bigatel, Justin	PCST	3
10	I6313568	Schroeder, Mckenna	STS	2	10	I6400516	Pollard, Jack	PCST	3
11	I6299457	Curtis, Sage	SVSEF	2	11	I6337272	Kaufman, Zachary	SB	2
12	I6368528	Foos, Isabella	OVST	3	12	I6410163	Larrow, Driscoll	JHSC	2
13	I6432735	Mannelin, Danika	RMK	2	13	I6252951	Biskup, Michal	PCST	2
14	I6165922	Nichols, Ellie	RMK	2	14	I6265666	Snyder, Charlie	SVSEF	2
15	I6216797	Guimond, Mikayla	OVST	2	15	I6227870	Louchheim, Carter	RMK	2
16	I6485877	Kling, Dylan	JHSC	2	16	I6484834	Hagen, Grant	JHSC	3
17	I6284476	Holter, Sage	SVSEF	2	17	I6212041	Bocock, James	RMK	2
18	I6527382	Howard, Alexandra	JHSC	2	18	I6409690	Travis, Gunnar	PCST	3
19	I6338470	MacGuffie, Emma	SVSEF	2	19	I6286989	Dean, Shaw	SVSEF	2
20	I6368443	Grossniklaus, Anna	PCST	2	20	I6468378	Moss, Max	SVSEF	2
21	I6355143	Hunt, Mia	PCST	3	21	I6463495	Gowe, Nathan	SVSEF	3
22	I6444387	Crowell, Lily	SB	2	22	I6245779	Turok, Asa	SB	2
23	I6309720	Kirk, Anhwei	SVSEF	3	23	I6311996	Blackburn, Josh	SVSEF	3
24	I6433758	Doyle, Paige	JHSC	3	24	I6288355	Hathorne, Wade	PCST	2
25	I6516267	Tozzi, Sophia	JHSC	3	25	I6326382	Sheppard, Leyton	PCST	3
26	I6485683	Kilmain, Morgan	JHSC	3	26	I6323476	Walsh, Jimmy	OVST	3
27	I6280451	Donovan, Hannah	SB	2	27	I6429248	Ulmer, Zander	JHSC	2
28	I6448799	Stackpole, Madaline	BBSEF	3	28	I6381008	Marx, Ethan	SVSEF	2
29	I6355275	Sherman, Grace	PCST	2	29	I6230720	Brown, Max	SB	2
30	I6254015	Blanchat, Peyton	SB	2	30	I6350305	Lawson, Aden	PCST	2
31	I6389867	Combs, Summer	PCST	2	31	I6274650	Orfanakis, Nick	RMK	3
32	I6443512	Umble, Melissa	SB	3	32	I6300470	Campbell, Connor	SVSEF	3
33	I6313324	Kenney, Sydney	JHSC	2	33	I6528529	Brunner, Gavin	JHSC	3
34	I6527101	Stojisic Espenes, Abigail	PCST	2	34	I6526870	Little, Zachary	JHSC	2
35	I6366603	Quinlan, Molly	PCST	3	35	I6498085	Childress, Jack	BBSEF	3
36	I6448087	Jalili, Sky	SST	2	36	I6394702	Milner, Beck	PCST	3
37	I6496004	Clancy, Mary	JHSC	2	37	I6336968	Goitiandia, Benjamin	SVSEF	3
38	I6429107	Stemler, Lauren	PCST	3	38	I6446723	O'Reilly, Max	SST	3
39	I6355267	Goodman, Hayden	PCST	2	39	I6417539	Thompson, Dylan	PCST	3
40	I6401296	Gorsch, Alyssa	PCST	3	40	I6467585	Carruth, Jett	SVSEF	3

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Racers:

You must be healthy, free of injuries and able to participate fully in all aspects of the on-snow and conditioning training program. This will include free skiing, gate training, running, jumping, agilities, and games.

Please make sure your equipment meets the USSA regulations.

Checklist (partial):

- GS, SL, and Free Skis
- Helmet, Boots
- Training Suit/Gear
- Full Outerwear including rain gear & real cold gear
- Running Shoes, gym shoes and workout gear for conditioning
- 2 Water bottles - mandatory
- Back pack
- Mouth guards – mandatory
- Training Log, notebook and pen/pencil - mandatory
- Work ethic and a positive attitude
- Tuning equipment (vices, wax, and tools) – we will provided benches only

Miscellaneous:

If you have any questions regarding the project or any of this information, please feel free to contact the Project Leader, Troy Price 801-726-8927 troyprice@rowmark.org

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Payment and forms:

Please read over all of the enclosed information carefully, complete and return the registration form and the payment to Troy Price by **April 1st 2016**.

Please note that it is a **Divisional Project, with a policy to require pre-payment of fees**. All participating athletes are required to submit their payment prior to participation or services will not be rendered. This includes transportation, lodging, or participation in the first team meeting.

Checklist of paperwork to send to Troy Price:

- Registration Form including payment; payable to IMD in the amount of \$580.00
- IMD Team Agreement (available at www.ussa-imd.org)
- Fast Kart release (online at: <http://saltlake.fastkartspeedway.com/forms>)
- wAIRhouse release (online at: <https://www.smartwaiver.com/w/509b1ea52d2e5/web/>)

Please use US Postal Mail or email to:

Troy Price
2560 W 4050 S
Roy, UT 84067

Email: troyprice@rowmark.org
Phone: 801-726-8927

Registration Form

Athlete Name _____

Athlete Cell phone # _____

Athlete Email _____

Fathers Name: _____

Fathers Cell #: _____

Father's Email: _____

Mothers Name: _____

Mothers Cell #: _____

Mothers Email: _____

Home Club and Coach: _____

Home Coach's email: _____

Coach Cell # _____

Emergency Contact Name: _____

Emergency Contact Cell # _____

Medical Insurance: _____

Policy Number: _____

Notes:

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IMD U14 Project - 2016
Schedule of Events

Thursday – April 14

4:00-5:30PM	Check-in at Crystal Inn
5:30PM	Coaches Meeting in Conference Room
6:00PM	Orientation Meeting
7:00PM	Dinner
8:00PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

Friday – April 15

7:00AM	Wake-up
7:30AM	Breakfast at Hotel
7:45AM	Load up including Non-Lodging athletes
8:00AM	Depart for ski resort
9:00-3:00PM	Freeski Day – Bumps/Big Mtn Skiing
11:30AM	Lunch at ski resort
3:15PM	Depart for team activity
4:00-6:00PM	Team Activity
7:00PM	Dinner
8:00PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

Saturday – April 16

7:00AM	Wake-up
7:30AM	Breakfast at Hotel
7:45AM	Load up including Non-Lodging athletes
8:00AM	Depart for ski resort
9:00-11:30AM	SL Kombi (Timed)
11:30AM	Lunch at ski resort
12:00-3:00PM	Skillsquest (rollers in ski school garden on big emma)
3:15PM	Depart for team activity
4:00-6:00PM	Team Activity
7:00PM	Dinner
8:00PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

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Sunday – April 17

7:00AM	Wake-up
7:30AM	Breakfast at Hotel
7:45AM	Load up including Non-Lodging athletes
8:00AM	Depart for ski resort
9:00-2:00PM	GS Duals
11:30AM	Lunch at ski resort
2:30PM	Team Meeting
3:00PM	Depart for home

On-Snow Details

Friday

In groups of 8-9 athletes, 2 coaches
Main Focus: All Mtn Skiing - Mileage
Area: Little Cloud
Lunch at 11:30 at the
9:00 – 11:30 Directed freeskiing
12:00 – 3:00 scoring of a bump contest and freeski comp (within your group)
We will score 2 items: (Scoring 1.0-10.0)
 Bump Skiing Comp
 - Use of terrain
 - Balance
 - Pole Plants
 - Turn Shape
 Off Piste Freeski Comp
 - Use of terrain
 - Balance
 - Pole Plants
 - Turn Shape

Saturday

Same groups
Main Focus: SL Kombi and Skillsquest

SL Kombi – 9:00 – 11:30

- We will use a variety of gate types (stubby and 60" and paneled) to challenge the athletes to adapt. We may even set-up a couple obstacles or stations (pole jumpers and/or whirly birds come may be used).
- Gate Distances will range from 6-12 Meters.
- This will be in a 2 run format and will be TIMED.
- We will use TRS first run (regardless of gender) and reverse it for second run.

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- Schedule:
 - Course Setter/Crew load at 8:00
 - Athletes load the chair at 9:00
 - Inspection 9:15-9:45
 - Run 1 at 10:00
 - 10:45 quick course redress/maintenance
 - Run 2 at 11:00
- Results by best-combined time.

Skillsquest – 12:00 – 3:00

- We will have 4 stations using Phase 4
- We will calculate the average score from all 4 stations.
- Scoring 1.0-10.0
 - Pressure – Straight run in wave track
 - Edging – One Ski skiing with lane changes
 - Rotary – Sideslip to straight run to sideslip
 - Balance – Freeski hourglass

Sunday

Same Groups

Main Focus: Dual GS with 1-2 small jumps

Course set at 16-18 Meters

Standard Dual – Red Course – Blue Course

- Every athlete will have 2 runs (one on each course) as a Qualifier round.
- First run will have odd bib numbers on red and even bib numbers on blue,
- 2nd run reversed
- Best-combined time will generate a result.
- We will host a 2 run elimination round starting at a round of 32 (regardless of gender).
- Athletes will advance based on their combined time within their assigned bracket.
- We will move into single elimination rounds at the round of 8 to speed up the process.
- We will have a “Bronze Battle” (the 2 losers of the semi-finals) to determine 3rd place and 4th place.
- Athletes need to go directly to the chair to maintain the flow of this event.
- Schedule:
 - 8:00 Course Setter/Crew load chair
 - 9:00 Athletes load chair
 - 9:15-9:45 Inspection
 - 10:00 Start of Qualifier
 - 12:00 Start of Brackets – (15-20 minutes per round)
 - 2:30 Awards