



January 5, 2017

Greetings Intermountain U14 Athletes!

We are excited to offer a speed-training project for the IMD U14 athletes. The target group is the first year U14, Year of Birth 2004. This type of project has been valuable for older athletes for a while now, and it is now time to offer such an opportunity to younger athletes. The main goal is to introduce athletes to the elements associated with skiing in speed events, building their confidence and skill set to ensure their enjoyment and performance.

Divisional/Regional Projects are offered in a progression of experiences over the duration of your junior racing career. This project introduces the athletes to the Intermountain Division/Western Region Development process with important instruction on skill development at the U14 level and continues through their ski-racing journey.

This project is designed to focus on bringing the IMD U14 athletes and coaches together to enhance their skill development, and to expand their network of fellow ski racers.

We are excited to host this project at Grand Targhee Resort on Jan 20-22, 2017.

Please contact your direct coach and confirm your attendance by **January 12th**.
Team Entry REQUIRED.

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

Intermountain U14 Speed Project
January 19-22, 2017
Grand Targhee, WY

Project Dates & Schedule:

Thursday Jan 19th	Arrival to Super 8 Hotel in Driggs, ID
Friday Jan 20th	Finalize venue set-up, group skiing, speed skills
Saturday Jan 21st	Stations to intro terrain elements
Sunday Jan 22nd	Sections at speed, with terrain.

Site

Skiing: Grand Targhee Resort
Lodging: Super 8 in Driggs, ID

Goal

The main goal is to introduce athletes to the elements associated with skiing in speed events, building their confidence and skill set to ensure their enjoyment and performance. 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;

\$550.00 – Payable to home program
Project Cost includes, lifts, lane space, training, housing, 3 meals a day, 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 \$75 for Lift Tickets.
Transportation is not provided. Contact your coach to determine transportation plans.

Travel

All athletes are responsible for covering their travel plans to and from with their local program (please note Utah based programs will work together to provide transportation for all athletes). Plan to arrive no later than 6pm on Thursday Jan 19th. Similar transportation will be provided to and from the hotel daily.

Lodging

We have confirmed lodging for all athletes and staff. We will be staying at : Super 8 in Driggs
We need confirmation by Jan 12th. If you elect to provide your own lodging you can deduct \$100 from the project fee.

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):

- o SG skis (GS skis are fine) and Free Skis
- o Helmet, Boots
- o Training Suit/Gear
- o Full Outerwear including rain gear & real cold gear
- o Running Shoes, gym shoes and workout gear for conditioning
- o 2 Water bottles - mandatory
- o Back pack
- o Training Log, notebook and pen/pencil - mandatory
- o Work ethic and a positive attitude
- o Tuning equipment (vices, wax, and tools) – we will be 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 your program by Jan 12th. **Team entry due Jan 12th at 5:00pm.**

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 your coach:

- Registration Form including payment of \$550; payable to your home program.
 - o IMD will require a team entry and team payment.
- IMD Team Agreement (Release #1, 2 pages)
- TVSEF Release (Release #2, 1 page)
- Grand Targhee Release (Release #3, 2 pages)

Any questions or concerns:

Troy Price
801-726-8927
troyprice@rowmark.org

Schedule of events:

Thursday

4:00-6:00PM	Check-in at Hotel
6:00PM	Orientation Meeting
7:00PM	Dinner
7:30PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

Friday

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	Intro to speed skills
3:15PM	Depart for team activity
4:00-6:00PM	Team Activity
7:00PM	Dinner
7:30PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

Saturday

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	Speed Element training, terrain skills
3:15PM	Depart for team activity
4:00-6:00PM	Team Activity
7:00PM	Dinner
7:30PM	Team Building Session
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

Sunday

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	Section training with terrain
2:30PM	Team Meeting
3:00PM	Depart for home