



January 10, 2019

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 2006. This type of project has been valuable for older athletes for a while 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 developing your skill set to ensure your 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 your 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 on Jan 25-27, 2019.

Please contact your direct coach prior to registration. A pre-requisite would be for the athlete to have competed in the IMD Champs last season, or similar event if new the IMD.

Registration open Sunday Jan 13th at 10:00AM MST. Please www.imdalpine.org for more details.

Best regards,

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

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

Intermountain U14 Speed Project
January 24-27, 2019
Grand Targhee, WY

Project Dates & Schedule:

Thursday Jan 24th

Friday Jan 25th

Saturday Jan 26th

Sunday Jan 27th

Arrival to Teewinot Lodge at Grand Targhee Resort

Finalize venue set-up, group skiing, speed skills

Stations to introduce terrain elements

Sections at speed, with terrain.

Site

Skiing: Grand Targhee

Lodging: Teewinot Lodge

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;

\$540.00 – Payable to IMD

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 \$140 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 18th.

Lodging

We have confirmed lodging for all athletes and staff. We will be staying at : Teewinot at Grand Targhee Resort.

We need confirmation by Jan 15th. If you elect to provide your own lodging you can deduct \$140 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 US Ski and Snowboard regulations.

Checklist (partial):

- SG skis (GS skis are fine) and Freeskis
- 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
- Training Log, notebook and pen/pencil - mandatory
- Work ethic and a positive attitude

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 registration form online and submit payment by Jan 14^h **at 5:00 PM MST.**

Refund Policy:

We are happy to provide a 50% refund for any athletes whom has registered yet could not attend. It is very valuable to have full commitment to ensure we have adequate lodging, lift tickets, meal plan, coaching staff, meeting rooms, group sizing, etc... Thanks for your commitment to IMD Projects!

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 \$540; payable online at www.imdalpine.org
- IMD Team Agreement (available on IMD website) online form
- TVSEF Release (will be available on IMD website by Jan 15th) need to print hard copy
- Grand Targhee Release (will be available on IMD website Jan 15th) need to print hard copy

Any questions or concerns:

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

Schedule of events:

Thursday

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

Friday

7:30AM	Wake-up
8:00AM	Breakfast at Lodge
8:45AM	Meet coaches
9:00-3:00PM	Intro to speed skills
3:30-4:30PM	Team Activity
5:00-6:30PM	Girls Meeting – Boys Study Hall
6:30PM	Dinner
7:00-8:30PM	Boys Meeting – Girls Study Hall
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

Saturday

7:30AM	Wake-up
8:00AM	Breakfast at Lodge
8:45AM	Meet coaches
9:00-3:00PM	Speed Element training, terrain skills
3:30-4:30PM	Team Activity
5:00-6:30PM	Girls Meeting – Boys Study Hall
6:30PM	Dinner
7:00-8:30PM	Boys Meeting – Girls Study Hall
8:30PM	Non-Lodging Athletes Pick Up
9:00PM	Light Outs

Sunday

7:30AM	Wake-up
8:00AM	Breakfast at Lodge
8:45AM	Meet coaches
9:00-2:00PM	Section training with terrain
2:15PM	Team Meeting
3:00PM	Depart for home