

**Sports Club International Junior/Parent
Thanksgiving Camp 2021
Vail and Copper, Colorado**

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Sports Club International Junior Parent Camp Thanksgiving Camp 2021

Dear Sports Club International Campers:

Welcome and to the 2021 Sports Club International Thanksgiving Ski Camp. We are excited to again host our annual camp at Vail and Copper and are happy you will be a part of it. The decision to take advantage of both the Copper and Vail venues has been an exciting step forward for Sports Club International Ski Camps!

We operate the Sports Club International Camps because we feel skiing and ski racing is a family endeavor. Our aim is to help young campers improve their racing skills with a "tune-up camp" prior to the season, with the parents close by for support. At camp, children can learn from their peers as well as our excellent staff coaches. Vail's Golden Peak Race Arena and Copper Mountain's extensive training venues provide Sports Club International a varied elite training opportunity. US and International Ski Teams will add a valued dimension of visual examples for young racers and their families as they get on snow early, begin gate training, yet also enjoy Thanksgiving with their families. A productive and fun time for all!

We have many hours of skiing and training planned for SCI Thanksgiving Camp 2021. Our hope is that your family will have a safe, educational and FUN week at Sports Club International Camp 2021. All local, state and federal health guidelines will be adhered to.

Welcome and thank you for sharing your Thanksgiving holiday with the Sports Club International Ski Camps.

Sincerely,

Sara Radamus
Sports Club International Ski Camps

Sports Club International Camp Thanksgiving Camp 2021

Camp Goals

Safety

Fun

Education

Provide a safe, fun, learning environment for motivated junior racers and their parents.

Have the junior racers return home better skiers, ski racers and people after their camp experience.

Build a foundation of fundamental skills which junior racers can build upon for the rest of their racing and ski careers.

Strive to make this camp, the athlete's experience and their parents' experience the best available anywhere.

THANKSGIVING CAMP/ VAIL, CO
SPORTS CLUB INTERNATIONAL JUNIOR/PARENT SKI CAMP
2021 SCHEDULE*

11/19 Friday		CAMPERS ARRIVE
11/20 Saturday	8:45 am	Meet SCI at base of Copper Mt. Eagle Lift
	9-11:00	GS Free ski drills with coaches
	11-11:30	Lunch Break
	11::30-1:30	GS Training
11/21 Sunday	8:45 am	Meet SCI at base of Copper Mt. Eagle Lift
	9-11:30	GS training with coaches
	11:30-12:30	Lunch Break
	1-3	Free ski with Family and Friends
	5pm	Ski Tuning Basics by Jim from Start Haus
11/22 Monday	8:45 am	Meet SCI at base of Copper Mt. Eagle Lift
	9-11:30	GS training with coaches
	11:30-12:30	Lunch Break
	1:2:00	GS Skills and Drills
11/23 Tuesday	8:45 am	Meet SCI at base of Copper Mt. Eagle Lift
	9-11:30	GS Training with coaches
	12-12:30	Lunch Break
		Afternoon Free ski with Parents
11/24 Wednesday		Off
11/25 Thursday	8:30	Meet SCI Group at base of Golden Peak Lift
	9:00	Camp Review of Safety Measures
	9-11:30	SL Basic and Gate Drills
	12	Afternoon Thanksgiving Day Family Ski!
		HAPPY THANKSGIVING! YUM!
11/26 Friday	8:30	Meet Group at base of Golden Peak Lift
	9-11:30	SL Training Gold Peak

	11:30-12:30	Lunch/Snack Break
	1- 2:30	Ski with Coaches
11/27 Saturday	8:30	Meet Group at base of Golden Peak Lift
	9-11:30	SL Training Gold Peak
	11:30-12:30	Lunch/Snack Break
11/28 Sunday	8:30	Meet Group at base of Golden Peak Lift
	9-11:30	SL Training Gold Peak
	11:30-12	SKIT MORNING
	12:00	DEPARTURE/HAVE A GREAT SEASON!

***SCHEDULE SUBJECT TO CHANGE**

*REMEMBER TO TAKE PLENTY OF WATER AND SNACKS UP ON THE MOUNTAIN DAILY.

*APPLY SUNSCREEN FREQUENTLY WHILE SKIING

DRESS IN LAYERS AND HAVE SPARE CLOTHES FOR ALL WEATHER IN YOUR PACK.

*SCHEDULE IS BUSY AND DEMANDING. REST IS ENCOURAGED AFTER SKIING.

ON MOUNTAIN REMINDERS

*REMEMBER TO TAKE PLENTY OF WATER AND SNACKS UP ON THE MOUNTAIN DAILY.

*APPLY SUNSCREEN FREQUENTLY WHILE SKIING

*DRESS IN LAYERS AND HAVE SPARE CLOTHES FOR ALL WEATHER IN YOUR BACK PACK.

*SCHEDULE IS BUSY AND DEMANDING. REST IS ENCOURAGED AFTER SKIING.

* BE POLITE TO ALL SKI AREA PERSONNEL.

* LISTEN TO YOUR COACHES AND TRY HARD EVERY RUN.

Sports Club International Junior Parent Camp Thanksgiving Camp 2021

COVID 19 Safety Precautions

Thank you for following whatever may be the current health guidelines. Below is the 2020 protocols. We will update as we near the start of 2021 camp.

TRAINING PROTOCOLS AS APPROVED BY COUNTY PUBLIC HEALTH DEPARTMENT

TRAINING GROUPS & LANE SPACE

[?] Compliance with established training protocols will be monitored by team organizers, coaches and staff and led by the Race Manager. Anyone not complying with protocols will be asked to leave the resort and will not be able to participate in training for the duration of the program.

[?] All ski race organizations have established specific COVID-19 guidelines for their Teams. These guidelines have been agreed upon by both athletes and their parents.

[?] To ensure no intermingling with other groups and create appropriate distance in the base area, 9 separate areas will be sectioned off for Training Groups. Athletes and coaches will meet in their respective area and wait to load lift.

[?] Groups congregating at starts, in middle of lanes, lift terminals, parking lots, restrooms or other areas will be strictly prohibited. Protocols required within the Physical Distancing Protocol will be followed within the resort and

on-mountain.

☐ Alcohol based hand sanitizer will be made available for guests in public areas and at the top and bottom of the lifts throughout the day. Employees will be provided individual hand sanitizers. Teams have been asked to bring additional hand sanitizer for their athletes and coaches.

☐ Athletes will be required to wear gloves while waiting in lift maze and loading the lift. Hand sanitizer will be available in lift maze and at the top of the terminal.

☐ All guests will be required to wear a face covering per the County Public Health Order while visiting the resort, when riding/loading chairlifts, or waiting in lift mazes.

☐ Guests will be advised to stay home if ill. If a guest becomes sick within 10 days of visiting and requests to be notified to assist with the tracing process.

☐ Signage will include, but not limited to, the County Physical Distancing Protocol for Business, COVID-19 Guest Responsibilities, instructional signs outlining training process and social distancing measures specific to training program.

☐ has adopted COVID-19 Guest Responsibilities for skiing. Training participants and employees must be familiar with and adhere to guidelines at all times.

COVID-19 Guest Responsibilities

All skiers participating in Training Program are required to take personal responsibility and demonstrate respect for all

athletes, coaches, team support and employees. Please read and acknowledge the below in order to participate in training.

- o Wear a face covering when in public spaces both indoors and outdoors.
- o Adhere to physical distancing guidelines and maintain 6' distance from others.
- o Congregating in resort facilities, base area and training area is strictly prohibited.

Wash your hands often and use hand sanitizer. Stay home if you are sick or at high risk.

REOSRT OPERATIONS

- All teams have been requested to promptly leave the base area once their session is complete.

- Base area facilities will be limited. Enhanced sanitation and cleaning practices will be followed as outlined within public health guidelines.

- Lift mazes will be constructed with social distancing signage. Lift operators will manage to ensure physical distancing protocol of 6' radius can be maintained. RFID gates will be used to ensure ticket scanners can appropriately physical distance from guests.

- Lift capacities will be as follows:
2 per chair on (4-person chair)

- Ski patrol services will be available for emergency rescues and will follow EMS protocol.

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Camp Information

Getting to Camp

Families arriving in Denver International Airport (DIA) or the Vail Eagle Airport (EGE) have the options of car rental (SUV 4 WD suggested) or shuttle service.

Shuttle service to and from Vail from is available through: EPIC Mountain Express, <https://www.epicmountainexpress.com> or Peak 1: <https://www.mountainshuttle.com>

DIA to Vail is about 125 miles and Eagle to Vail is about 30 miles

Once you are at Vail, there are free shuttles to get you to the shopping and dining.

Lodging Check In:

Sports Club International Thanksgiving Camp accommodations:

Manor Vail Lodge• 595 East Vail Valley Drive• Vail, CO 81657

Phone:800.950.8245

Directions & Location:

Manor Vail Lodge

595 East Vail Valley Drive• Vail, CO 81657 Phone:800.950.8245

Take I-70 to Vail exit 176

Enter into the roundabout(s), exit onto South Frontage Road East (eastbound parallel to highway)

At first stop sign make a right turn onto East Vail Valley Drive, follow road approximately a quarter of a mile. Manor Vail Lodge located on your left.

Sports Club International Welcome and Orientation Meeting

Pending county health recommendations for group we will update this info as we near the start of camp.

Meals

Manor Vail offers a tremendous buffet breakfast.

Additionally, breakfast, lunch and dinner options are available and plentiful in

the town of Vail and markets are located in West Vail. Shuttles are available to the restaurant or store of your choice. Manor Vail also offers a la carte as well as meal packages.

Athlete Lift Tickets

Lift tickets for the race training are included in your child's camp fees. Separate Vail Mountain tickets are required and are not included in the camp fees for children or adults. Best ticket options for your family: HYPERLINK "http://www.snow.com" www.snow.com (offering 4 and 5 day discounted packages) or an Epic Season Pass for Vail and Beaver Creek: HYPERLINK "http://www.vail.com" www.vail.com.

Parent's Ski Time and Video Viewing

We have set aside time to ski together as a family. Tickets for parents are not included in camp fees. See ticket options above. To view your child's training we will upload video to the Sprongo video platform.

In the Back Pack

Snacks, water bottle, neck gator, hand warmers, extra clothes, sunscreen, lip screen, camera should be included. Dressing well makes for happy campers.

Communicating With Your Child's Coach

Camp is a great opportunity to ask questions and learn more about your child's racing and training progress. We do request that you connect with your son's or daughter's coach outside of training times so they may focus on your child's and the other children's skiing.

Other Activities Vail

Please refer to the Vail Activity Guide available at check-in for information on all that Vail has to offer. Health Club facilities, restaurants, bus schedule and other fun stuff is included in the Vail Guide.

Coaches

We are fortunate to have many returning Sports Club International coaches at Thanksgiving Camp. All our coaches combine their love of skiing with a desire to work with young racers. Many of you will be glad to see returning coaches along with some new faces.

Ski Tuning

Bases should be well waxed and edges should be sharp and burr-free. We can offer excellent tuning for a nominal fee. Contact Sara if interested.

We also have access to a ski tuning room for those of you who have your own tools. We will provide a wax iron, vices and a good light.

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Safety at All Times

Please follow the ski area's rules at all times. Ski in bounds, respect the other skiers, ski only in our assigned lanes, ride the lifts properly and use common sense always. Give other skiers and riders room to turn. Racers like speed, but please, ski in control and be respectful of recreational skiers while free-skiing off the race course. Please read and obey all posted signs.

Helmets and Goggles

Helmets and goggles must be worn by athletes while skiing. It is also recommended racers wear back protectors and mouth/teeth protection at all times while skiing. A GS helmet is fine to wear in slalom while at camp.

Altitude

The base of Vail Mountain is 8250 feet. Please follow recommended steps to acclimate properly; hydration and rest. Drink water frequently and refill your water bottles during breaks. Hydrating before your arrival at altitude seems to help reduce the symptoms sometimes experienced with altitude sickness. Rest as needed, especially at the beginning of camp.

Rest

The camp is designed to get the most skiing and training in a short period of time. You, the parent, are the best judge of the child's tolerance of activity. Please help them take the time to rest as needed.

Proper Etiquette in the Training Venues

Each camp is assigned training space. Parents are welcomed to view training of our assigned lanes from the base while being sure not to interrupt the children's training. Please be sure to respect other camps and their space. Lane crossing is very dangerous.

Please be sure to check with your child's coach to know where their group will be training each day.

Sports Club International Junior Parent Camp

Thanksgiving Camp 2021

Junior Equipment Guide

Boots

The most important piece of equipment for your child is their ski boots.

When purchasing boots consider the flex and the fit.

Find a boot model that your child can flex evenly, even in cold weather. It should have a relatively low cuff and soft shell plastic. A good coach or shop person may need to do a little cutting and boot work to get your child's boot to fit correctly.

Rarely does the perfect fit just happen. Use a professional bootfitter or experienced coach to be sure the boot fits comfortably. Boots too big and the foot swims, resulting in lack of performance and future foot problems. Boots too small can mean cold, cramped feet and not a lot of fun to ski in.

Footbeds by Surefoot can ensure a solid start to your child's skiing future.

They have a great program for children called "Growing Pains". Once your child has had the initial pair of footbeds made, he/she can have new footbeds made to accommodate the growing feet of your child up to the age of 16 at no additional charge. The Vail Surefoot Store is open, only steps away from our lodging and a great resource while at camp.

Skis

Junior skis on the market today have suitably aggressive side cuts for the smaller sized racers. Like boots, the two things to keep in mind are flex and size.

A good rule of thumb for sizing is to have the tip of the slalom ski reach to the child's nose. GS skis average 15 to 20 cm longer than slalom skis. The tendency is for parents to buy skis too long, knowing they will grow into them during the season. It is better to buy the skis that fit them at the beginning of the season. Though, yes, they may very well be a bit short at the end of the season, the child will perform better on skis a little too short than too long.

The flex of the ski should be soft and easy to bend. A soft flex enables the young racer to carve good clean turns. It's best to compare flexes in the shop and on the hill.

Equipment Guide-continued

Bindings

Be sure the D.I.N. range on your child's bindings is appropriate for your child's ability and weight. The bindings should be set by a certified binding technician.

Ski Pole Lengths

A guideline for pole lengths:

3'4"	=	34"
3'5"-3'8"	=	36"
3'9"-4'0"	=	38"
4'1"-4'4"	=	40"
4'5"-4'8"	=	42"
4'9"-5'0"	=	44"

Helmets

As recommended previously, helmets should be worn at all times while skiing. Check for a perfect fit being sure the child can see, hear and ski without the helmet moving around.

Shin and Hand Guards

Shin guards and hand guards are useful, but not mandatory, while at camp. Hand guards help protect little fingers as the young racers progress to clearing the gate with their hands. Shin guards eliminate sore shins as well as help the camper clear stubby gates. These items are suggested to help protect racers as their technique advances.

Sports Club International Junior Parent Camp Thanksgiving Camp 2021 "WHAT TO BRING CHECKLIST"

Please bring the following items to Thanksgiving Camp as well as any other items you would usually use while skiing. Any questions? Please e-mail us: info@sportsclubint.com

- _____ GS and Slalom Skis
- _____ Ski Boots
- _____ GS and SL Poles
- _____ Helmet (**Required**)
- _____ Tooth/mouth guard (Suggested)
- _____ Goggles
- _____ Slalom Gear: Shin Guards, Hand Guards for poles (if you have them)
- _____ Winter Parka & Warm-ups
- _____ Training Suit, training vest, shorts, arm guards (if you have them)
- _____ Backpack for carrying extra clothes and gear on the mountain
- _____ Water Bottles
- _____ Sunscreen (nothing less than SPF 45)
- _____ Hand warmers, snacks, neck gators
- _____ Lip-screen with highest SPF available
- _____ Gloves (2 pair)
- _____ Long and short underwear
- _____ T-shirts and shorts
- _____ Sweatshirt, sweatpants, running shorts & shoes
- _____ Homework
- _____ Swimsuit
- _____ Casual clothes
- _____ Tuning gear (if you have it)
- _____ Toilet Kit
- _____ Notebook and Pencil (Keep a journal while at camp)
- _____ Alarm Clock
- _____ A Great Attitude

Tips for Campers

By: Sydney Staples and Jessie Delacenserie '04

Say thanks to your coach and Sara

Ask questions if you have any

Bring snacks to your coach (Sara likes Chocolate)

Always clean up after yourself

Listen to your coach at all times

Don't spray anyone near ski patrols

Don't say bad words

Ski in control

Always be on time

Always do your best.... And have fun!

