

2023 Sports Club International Colorado November Camp

Copper Mountain, Colorado

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2023 Sports Club International Colorado November Camp

Dear Sports Club International Campers:

Welcome to the 2023 Sports Club International Colorado November Ski Camp. We are excited to again host our annual camp at Copper and are happy you will be a part of it. The decision to take advantage of the Copper 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. 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 early ski season with their families. A productive and fun time for all!

We have many hours of skiing and training planned for SCI Colorado November Camp 2023. Our hope is that your family will have a safe, educational and FUN week at Sports Club International Camp. All local, state and federal health guidelines will be adhered to.

Welcome and thank you for sharing your ski camp experience with the Sports Club International Ski Camps.

Sincerely,

Sara Radamus

2023 Sports Club International Colorado November Camp

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.

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2023 (Tentative) SCHEDULE*

11/124 Friday		CAMPERS ARRIVE
11/25 Saturday	8:45 am	Meet SCI, base of Copper Mt. - Eagle Lift
	9-10:30	SL Free ski drills and skills
	10:30-11	Snack Break
	11::15-1:30	SL TRAINING
11/26 Sunday	8:45 am	Meet SCI, base of Copper Mt. - Eagle Lift
	9-10:30	SL Free ski dolls and skills
	10:30-11	Snack Break
	11:15-1:30	SL TRAINING
	1-3	Free ski with Family and Friends
	3:30	Ski Tuning Basics by Jim from Start Haus
11/27 Monday	10:00 am	Meet SCI, base of Copper Mt. - Eagle Lift
	10:15-12:00	SL Free ski dolls and skills
	12:00-1:00	Lunch Break
	1:30-33:30	SL TRAINING
11/28 Tuesday	8:45 am	Meet SCI, base of Copper Mt. - Eagle Lift
	9-10:30	GS Free ski drills
	10:30-11:00	Snack Break
	11:15-1:30	GS TRAINING
11/29 Wednesday	8:45 am	Meet SCI, base of Copper Mt. - Eagle Lift
	9-11:30	GS TRAINING
11/30 Thursday	8:45 am	Meet SCI, base of Copper Mt. - Eagle Lift
	9-10:30	GS Free ski drills
	10:30-11:00	Snack Break
	11:15-1:30	GS TRAINING
		DEPARTURE AFTER TRAINING/HAVE A GREAT SEASON!

*SCHEDULE SUBJECT TO CHANGE/PLEASE NOTE: AS WE ARE AT THE MERCY OF MOTHER NATURE, EARLY SEASON TRAINING VENUE MANAGERS AND OTHER TEAMS OUR SCHEDULE DOES NOT BECOME FINALIZED UNTIL THE EVENING PRIOR TO EACH DAY'S TRAINING.

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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.

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CAMP INFORMATION

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 a 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.

Coaches

We are fortunate to have many returning Sports Club International coaches at SCI Copper November 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 throughout camp for a nominal fee. Contact Sara if interested.

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SAFETY ALWAYS

COVID 19 Safety Precautions

Thank you for following whatever may be the current health guidelines. Should protocols change, we will update as we near the start of 2023 camp.

Ski Area Rules

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 Copper Mountain is 9,712 feet. (The top is 12,313 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.

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MORE CAMP INFORMATION

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.

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.

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.

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.

WHAT TO BRING CHECKLIST

Please bring the following items to amp as well as any other items you would usually use while skiing. Any questions? Please email us: info@sportsclubint.com

_____ GS and Slalom Skis

_____ Ski Boots

_____ GS and SL Poles

_____ Helmet (**Required**)

_____ 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

_____ Casual clothes

_____ Tuning gear (if you have it)

_____ Toilet Kit

_____ Notebook and Pencil (Keep a journal while at camp)

_____ Alarm Clock

_____ A Great Attitude

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Tips for Campers from Campers

Courtesy of 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!