

USSA Skillsquest Skiing Camp
Ski Butternut
February 10, 2013



Event Overview

- Registration: 8:00 AM – 8:45AM
- Meeting Area: Overbrook Triple Chair 8:45AM (Right out the backside of the Upper Lodge bear right)
- Morning Session: 9AM to 11:00AM
- Lunch on their own 11:00AM-12:30PM
- Afternoon Session 12:30PM to 2:30PM. Athletes will meet their coach at 12:30 at the Overbrook Chair.
- 3:30 PM Awards and T-Shirts to all athletes Upper Lodge

Age Group 6-7 Year Old Interclub Athletes

Athletes will be divided up into groups and assigned a coach for the day. There will be four drills that will be set up on the Main Street Trail above the race course. Two Drills will be practiced and then judged in the morning session and the other two drills will be done in the afternoon session. The four drills are:

- Pole Jumping
- Outside Ski Drill
- Straight Run to sideslip with edge set
- Free ski with pole usage