

Speed Training 2015-2016



Speed training takes place from 7-9am on the dates indicated below. After speed training, training resumes from 10am-1pm. At 1:00 pm, training usually concludes. Speed training is an important part of teaching athletes to be comfortable at speed, in a safe environment. The focus is super G and downhill speed elements; and SG training. Speed training is designed for the SSRA Alpine Team and is an important part of Alpine Team Development (DEVO) training. Safety is priority one for coaches when making decisions on when and how to set.

Athletes load at 7am sharp. Latecomers will not be able to train for safety reasons (once inspection is over, it is too late to be in/around training arena). Plan to arrive at Lodge 1 at 6:30am on speed training days. Groups meet above the lodge at 6:50 am.

Parental help is needed, when we speed train. Please help out whenever possible. Please coordinate in advance with Chuck. Only parents and coaches with radios are allowed in/around the speed training arena. Once training begins, no movement is allowed in the training arena. In addition, no one is allowed to ski outside of the speed training arena, prior to 9am!

Date	Location	Focus
Wednesday, December 23	Northwest	Aerodynamics
Monday, December 28	Northwest	Aerodynamics
Tuesday, December 29	Northwest	Gliding Turns
Wednesday, December 30	Northwest/Hourglass	Jumping (if possible)
Saturday, January 23	Northwest	TBA
Sunday, January 24	Northwest	TBA
Saturday, January 30	Northwest/Hourglass	TBA
Sunday, January 31	Northwest/Hourglass	TBA
Sunday, February 28	Northwest	TBA
Saturday, March 12	Northwest	TBA
Saturday, March 26	Northwest	TBA