

Schussboomer Speed Camp

Friday, March 17, 2022

Logistics

- **U12-U18 athletes:** Coaches Leslie and Dillon
- **Masters/Adults-** Phil Bernier? and Claire Challen? leading
 - progression plan through day
 - bring lunches and water to top of course and base at top
- **Course Control/Safety:** Cormac- CoR, Dave- CoC Ben- Timing? Jim McCormack- radar? Starter/Start Ref- _____

All coaches and volunteers must have radios on ROC Channel 5.
(Coaches- second radio plan for coaching athletes/Channel 4)

Stop Start Protocol/Yellow Flag Protocol in effect

Five controls in place- (coaches will need to fill in as needed.)

1. **Start** to Sneaky Islands- (Starter)
2. **Sneaky Islands** to Fallaway Island- Yellow Flag 1
3. **Fallaway Island** to Dozen Tree Island - Yellow Flag 2
4. Dozen Tree Island to **Lone Pine Island**- Yellow Flag 3
5. **Finish** - Ben

Schedule

900-945 **Out front of Club Cabin;** Equipment check. Explain speed skis and care, Warm up, stretch, Explain day.

1000-1100 Inspection and warm up run

1100-1200 Section running as groups- 2 sections (Upper/Lower), standing and different aerodynamic positions, jump work, line strategies, suits, no suits, video

1200-100PM lunch/video review

100-300PM Full course runs (2-3 runs) with course control in place.
Timing and speed gun If available.

37th Schussboomer

Saturday, March 18, 2023

Race Schedule

0830-930 Registration- Panorama Lodge (Lounge)

Twinkle Toes

1000-1100 Course Inspection

1110 First Forerunner

1115 First Racer

Run 1- Training Run

Times and radar speed will be posted at top

****submit Guess Time to start marshal Kelly right before your Race Run****

Run 2- Race Run! *(Immediately following Run 1)*

(No results provided until Awards!)

****Competitive Category: Please return and slip right after each run****

300 PM Tear Down Course/B-Nets

All Hands on Deck please

SSSC Club Cabin (Above Panorama Lodge)

400 PM Outdoor Social, Music, BBQ

500 PM Awards, Best Costume, Auction, Prizes

2nd Annual Schussboomer **Alpine Combined**

Sunday, March 19, 2023- Slalom
(Optional event)

This will be a traditional Alpine Combined Format (1 run DH + 1 run Slalom = Combined Time). Full length slalom course on Cinderella. **All Schussboomer registrants will be included, though we don't expect a big turnout ;-)**

Race Schedule

Cinderella

1215-100 PM Course Inspection

115 PM First Forerunner

120 PM First Racer

Race Run bib start will be **Reverse Order** based on DH result (slowest to fastest)

230 PM Awards (immediately following last racer)

300 PM Tear Down Course

Don't want to race?!

Come watch the action anyway!