

Saas-Fee Summer

RACE SKI TRAINING GROUPS

12-15

YEARS OLD



RUNNING DATES: Monday July 15th 2019 - Friday September 6th 2019

For this age group our training plan intends to develop racers into self-organised athletes that know how to make the best out of each training session, think positively and enjoy every minute. Trainers and racers will exchange freedom for responsibility, for which the very special town of Saas-Fee is idea; extremely safe, car-free and surrounded by nature and sports facilities. Ski training will focus on reinforcing and further developing their basic technical and tactical skills into more advanced skill sets, in the search of performance and versatility and in the increase of skiing resources through new concepts and training experiences. Afternoon activities intend to strengthen other important fields in the mental and physical sides, while having fun and making new friends. Our one week Summer ski camps for this age group include:

- -5 Mornings Ski Training (Mon-Fri), including SL and GS courses in reserved training lanes.
- -4 Afternoons activities: Sports, Physical Training, Yoga, Mental Coaching, Ski Tuning, Video Analysis
- -1 Carpet machine dry skiing session for deep technical reinforcement
- -Good plan of activities in the event the glacier is closed
- -End of camp report and videos

Price

640 CHF	Per week. Option of up to 3 consecutive weeks.
140 CHF	Per day . Single day camp option

*To add Skipass for children: 5 days for 175 CHF, 10 days for 310 CHF or 15 days 420 CHF

Optional Extras:

- Accommodation in our athlete's hotel for 92 Fr per night with constant supervision, 3 meals per day and a snack during ski training.
- Accommodation in a variety of hotels and apartments.
- Airport transfers
- Fischer race skis & boots ready to order

Saas-Fee Summer Ski Training Camps daily schedule for Children 12 - 15 YEARS

Time	Activity
6.20am	Breakfast.
7.00am	Go to slopes
8.00am - 12.00pm	Ski Training with a 15 minute break
13.00pm	Lunch
15.30pm	Sports and physical education, mental coaching, video analysis and equipment maintenance
19.00pm	Dinner
21.00pm	Bedtime

SKI TRAINING



Athletes participating in our training camps will be divided into training groups based on age and skill level with a maximum of 7 skiers per group. Groups may change during the course of the week in order to work on each athlete's specific goals with a view to best individualising training.

The ski training program for this age is focused on developing strong technical advanced skills as well as tactical knowledge to ski fast in the gates, while maturing on their training attitude and routines. Sessions are intense and stimulating and will require focus and effort, always in a positive atmosphere.

SPORTS AND PHYSICAL EDUCATION

All athletes attending our camps will take part in physical workouts throughout the week. These workouts will always be age appropriate and based on the condition of each athlete. They are designed to be challenging and demanding as well as fun and creative.

These post-ski workouts focus on recovery from the training sessions and protection against injury; the aim is also to improve strength, coordination, balance, agility and flexibility.

Team sports and mountain treks will also be a part of the activities during the afternoons and non-skiing days. Saas-Fee is the ideal setting to engage in a wide range of sports and physical training.

MENTAL COACHING

We have a highly experienced sports psychologist on our coaching staff. He is very talented at getting athletes to focus on their personal goals, manage their emotions, nerves etc. Athletes really enjoy these sessions which are very dynamic and adapted to the different age groups, focusing on games for our younger athletes.

This is a key part of our training philosophy. Sessions are fun, stimulating and teach our athletes how to focus, relax, establish goals and understand their emotions.



INDOOR SKIING

All of our group training camps for athletes from 12 years old include training in Saas-Fee's indoor skiing treadmill machine. One weekly session per group is included in the training plan. Additional sessions may be included when the glacier ski area is closed due to inclement weather. This is very effective in reinforcing ski racing technique and a great way to work on specific technical goals.

YOGA AND MEDITATION

We have included yoga and meditation in our group training camps to help athletes calm their body and mind. It is an excellent way to relax, stretch and strengthen muscles after a long day of training. It also teaches them how to ease their mind and delve into their inner stillness and peace for full recovery.

Yoga is a great way for our athletes to work on physical conditioning, gain the agility that comes from deep stretching and is also highly recommended for muscle recovery. We have fully certified yoga instructors that adapt the difficulty and intensity of each session to the different skill levels and ages. Meditation is a great way to relax and focus on your inner-self and helps athletes to "get in the zone", that special place that enables competitors to ski to their potential even in the most stressful situations.



SKI TUNING

Taking good care of the ski bases and edges is a must in order to perform during ski training. Every afternoon racers from 12 years old will learn and do all the necessary tuning of their skis with the help of the trainers.

VIDEO ANALYSIS

Video analysis is an important tool for our coaches to help racers understand and improve the subjects they are trying to develop while ski training. At this age there will be a couple of video sessions through the week that will aim to help them understand important concepts.

CHILDREN ATTENDING CAMP BY THEMSELVES

Children who are not accompanied by their parents will have round the clock supervision from our camp leaders. Our philosophy is to give children freedom in exchange for responsibility. Saas-Fee is an ideal location for this.

Ski Zenit Hotel supervisors are available to receive phone calls every day between 7 pm and 8:30 pm on the phone number that will be provided on arrival to the camp.