

Saas-Fee Summer

RACE SKI TRAINING GROUPS

8-11
YEARS OLD



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

Summer ski training camps with Ski Zenit mean long days full of activities both on and off the snow. The youngest athletes 8-11 will use the mornings to improve their technical skiing skills and grow one step further towards becoming mature athletes in the future, with fun and stimulating training sessions. During the afternoons they will take part in many activities intended to develop their physical and mental skills while having fun in an ambience of teamwork and friendship. One week ski training camp for children aged 8-11 includes:

- 5 Mornings Ski Training (Mon-Fri), including courses in reserved training lanes.
- 4 Afternoons activities: Sports, Physical Education, Mental Skills, Video Analysis
- Good plan of activities in the event the glacier is closed
- End of camp report and videos

Price

590 CHF	Per week. Option of two consecutive weeks.
140 CHF	Per day . Single day camp option

*To add Skipass for children: 5 days for 175 CHF or 10 days for 310 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 8-11

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
19.00pm	Dinner
21.00pm	Bedtime

SKI TRAINING



Children ski racers 8-11 years old participating in our training camps will be divided into 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 base skills and tactical key inputs to ski well in the gates, while learning about training routines in order to mature into future athletes. Trainers pedagogy will be totally adapted to them, finding the right balance between challenge, demand, fun and friendship.

SPORTS AND PHYSICAL EDUCATION

All athletes taking part in 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 for this age 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

This is a key part of our training philosophy. 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. Younger racers really enjoy these sessions which are very dynamic and adapted to their age, including fun interactive games. Sessions are fun, stimulating and teach our athletes how to focus, relax, establish goals and think positively.



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.