

Saas-Fee Summer

RACE SKI TRAINING GROUPS

RUNNING DATES: Monday July 15th 2019 - Friday August 30th 2019

In our FIS age group training we apply training methods that will boost confidence and increase performance, adapted to each level of skills. From racers that want to improve for their own enjoyment and experience in racing, to athletes seeking improved results and to enter national or regional selection ski teams, we can give the right workouts and coaching for all, both on and off skis.

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

Price

670 CHF Per week. Option of up to 3 consecutive weeks.

150 CHF Per day . Single day camp option

*To add Skipass for adults (16years +): 5 days for 280 CHF, 10 days for 490 CHF or 15 days 590 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 athletes from 16, FIS age

Time	Activity
6.10am	Breakfast.
6.45am	Go to slopes
7.45am - 12.00pm	Ski Training with a 15 minute break
13.00pm	Lunch
15.30pm	Sports and physical training, mental coaching, video analysis, indoor skiing and ski tuning
19.00pm	Dinner
21:30:pm	Bedtime

SKI TRAINING



Athletes participating in our training camps will be divided into training groups based on 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.

Our Summer training program for FIS athletes is designed to reinforce technical basics, fine tune the whole technical sequence and adapt it to perform in a variety of courses and terrain in order to ski well and fast in GS and SL courses.

SPORTS AND PHYSICAL TRAINING

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.

INDOOR SKIING

All of our group training camps for FIS athletes include training in Saas-Fee's indoor skiing carpet machine. Two weekly sessions 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.



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. Athletes really enjoy these sessions which are very dynamic and adapted to the different age groups.

Sessions are fun, stimulating and teach our athletes how to focus, relax, establish goals and understand their emotions while thinking positively during training.



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 will 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. Technical and tactical concepts that are important in order to perform will be well explained during these sessions, so they are clear for next day's training.

ADOLESCENTS UNDER 18 ATTENDING ON THEIR OWN

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.