

MASTERS

Saas-Fee Summer RACE SKI TRAINING GROUPS



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

After years of experience working with Master racers and ski instructors going through racing tests, we have developed training sessions that are invaluable for them to progress and increase confidence and performance, regardless of their racing level. For those Master racers training for pleasure that race from time to time, ski instructors getting prepared for professional tests or for competitive Master racers, we know how to bring the best out of them.

- 5 Mornings ski training (Mon-Fri), including courses in reserved training lanes.
- 4 afternoons activities: Sports, Yoga, Physical Training, Video Analysis and Ski Tuning
- 1 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

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

140 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 Masters athletes

Time	Activity
6.10am	Breakfast.
6.45	Go to slopes
7.45am - 12.00pm	Ski Training with a 15 minute break
13.00pm	Lunch
15.30pm	Sports and physical training, yoga and meditation,ski tuning and video analysis

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 ski training program for Master Racers and Instructors is flexible enough to adapt to different goals and levels of performance and bring the best out of each of them, providing a good balance between confidence building and step by step achievements for permanent progress.

SPORTS AND PHYSICAL TRAINING

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

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 Masters and Instructors include training in Saas-Fee's indoor skiing carpet 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 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.