

# Saas-Fee Summer/Autumn

## PRIVATE RACE TRAINING

# ALL AGES



**RUNNING DATES:** Saturday July 13<sup>th</sup> 2019 - Saturday November 30<sup>th</sup> 2019

By hiring a Ski Zenit coach privately in Saas-Fee, racers are ensured a totally personalised training plan that adapts 100% to their specific goals and circumstances. By having the best resources available, such as reserved training lanes, timing systems, video analysis and carpet skiing machine for deep technical reinforcement we can achieve this goal. They will also benefit from Ski Zenit's condition trainers, yoga teachers and mental coaches according to their age, participating as well in group activities with other racers. From July 14<sup>th</sup> until September 6<sup>th</sup> and from October 13<sup>th</sup> until November 1<sup>st</sup> we also offer constant supervision for under age minors staying in our athletes hotel and attending our private training alone, for no extra cost.

- Fully adaptable training plan
- Morning ski training including all resources needed such as reserved ski training lanes
- Video Analysis
- Afternoon activities
- Shared activities with other racers of similar age: Condition training, Yoga, Alpine treks, Sports, Mental coaching, ski tuning
- Indoor carpet machine skiing every 3 days of training
- Good plan of activities in the event the glacier is closed
- End of camp report and videos

### Price

<b>295 CHF</b>	Per day for one trainer with one racer
<b>390 CHF</b>	Per day for one trainer to share between 2 to 4 racers

To add skipass for the desired days, the following prices apply:

DAYS SKIPASS	1	2	3	4	5	6	7	8	9	10	11	12
UNDER 16		86.-	110.-	145.-	175.-	205.-	235.-	260.-	285.-	310.-	325.-	340.-
16 AND UP		130.-	175.-	230.-	280.-	320.-	365.-	405.-	445.-	490.-	510.-	530.-

## Optional Extras:

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

## Saas-Fee Summer/Autumn Private Race Training Schedule

Time	Activity
6.45am	Go to slopes
7.45am - 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

*This schedule might vary depending on trainers decisions. In Autumn, schedules get gradually delayed from mid september until 30 November when skiing starts 1h30 mins later.*

## SKI TRAINING

With private training, the program is completely designed to adapt to each athlete's goals and learning process. Trainers will work on basic or advanced technical aspects as well as more or less challenging tactical situations, according to each individual's age and level of skills. Technical freeskiing, drill courses and race courses will be a part of each day's training.

## SPORTS AND PHYSICAL EDUCATION

All athletes taking part in our training 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.

For these activities, athletes in a private training will join others with similar age.



## 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. This activity will be done together with other athletes of similar age.

## INDOOR SKIING

All of our private training for three or more consecutive days include training in Saas-Fee's indoor carpet machine skiing facility. One session per athlete every 3 days 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 as part of our training 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. This activity will be done with other athletes of similar age and will be included every three days of training.



## 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. One session of video analysis will be done every 2 or 3 days of training.

## 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.