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# Snowmellow Alpine Foundation Fundamentals Clinics

Dates: February 11<sup>th</sup> and 12<sup>th</sup>

Drop Off: 8:30 AM @ the race room

Pick Up: 3:00 PM @ the race room

Address: 2275 Co Rd 24, Swain, NY 14884

Phone: (607) 545-6511

Snowmellow Clinic Director: Conor Walsh

Snowmellow Coaching: Conor Walsh, Johnny Walker, Joe Nacca and Nicole Walsh

- **Focus: Slalom skills on Saturday & Giant Slalom skills on Sunday.**
- **Target Ages: 12 and up**
- **Who should attend: This clinic will be focused on racing skill development. Attendees should be current or aspiring alpine racers with a desire to go fast and challenge themselves to learn new skills. It will be a great tune up for Sectionals or second half of club season.**
- **Athlete to Coach Ratio: ~10 to 1**

February 11<sup>th</sup> and 12<sup>th</sup> Schedule \*Subject to modification based on weather & conditions

Drop off and Boot-up: 8:30 – 9:00 AM

Morning Meeting: 9:00 AM – 9:30 AM

Dynamic Warm-Up: 9:30 AM – 9:45 AM

Block One: 9:45 AM – 11:30 AM

Lunch: 11:30 AM – 12:15 PM

Block Two: 12:15 PM – 2:30 PM

Debrief – Discussion with Coaches: 2:30 PM – 3:00 PM



**Notes**

**Bring the following items to the clinic:**

<b>Water bottle</b>	<b>Slalom Skis</b>
<b>Pocket Snacks</b>	<b>Giant Slalom Skis</b>
<b>Hill Pack (optional)</b>	<b>Back protector (if you have one)</b>
<b>Brown bag or buy lunch</b>	<b>SL Armor (if you have it)</b>
<b>Awesome Attitude</b>	<b>Helmet with chin guard (if you have one)</b>
<b>***Hand and Toe Warmers***</b>	<b>Multiple Layers of clothing</b>

**Safety:**

- Please alert the coaching staff with any health or medical needs such as allergies or situations that may require special attention.
- Helmets are mandatory
- No fast skiing in marked slow skiing zones
- Chair lift safety bars will be used properly at all times (State Law)
- Netting will be used as necessary to protect from immovable objects or side of trail.
- Each environment will be explained at the start of the training block.
- Swain medical plan available upon request.

**Athlete Expectations:**

- No active electronic device usage during clinic
  - Devices may be used for specific medical purposes
    - Use of phone for non-medical purposes will result in the athlete being asked to store the phone inside their ski bag.
  - Devices may be stored IN A POCKET to track skiing or for emergency use (example: Ski Tracks, Slopes, emergency phone call or text)
- Please contact coaches if you need to contact your child.
- Platinum Rule: Treat others as they would like to be treated
- Nobody rides the lift alone!
- Meet new people – ski racing relationships last a lifetime
- Work hard and have fun!



**Clinic Format:**

- Skill acquisition through event specific environments and repetition
  - The environment teaches the skill
- Section specific timing feedback
- Video Review
- More skiing, less standing
- **Saturday – Slalom environments**
- **Sunday – Giant Slalom environments**

**Skill Focus:**

Muscle Confusion	Turn Shape
Pressure Application	Pole Touch
Edging	Ankle Flexion
Balance (fore, aft, rotary)	Slalom Tall Pole Blocking

**Weather:**

- Please plan accordingly with appropriate clothing, dress in layers.
  - Hand and toe warmers along with face coverings
- Clinic time/schedule subject to change based on weather and snow conditions

**Contact Information:**

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