

PNSA Speed Camp

Location: White Pass, WA

Dates: May 19-22 (Thursday – Sunday)

PNSA and White Pass Ski Resort are offering a Divisional speed camp at White Pass. Athletes have the option of choosing the 4-day camp or the 3-day camp. A 4-day camp begins on snow Thursday, May 19th and a 3-day camp begins on snow Friday, May 20th. Both camps end Sunday afternoon, May 22nd.

4-Day Schedule:

Wednesday, May 18 th -	Arrive between 5:00 -7:00pm. Team Meeting at 8:00pm.
Thus – Sun, May 19 th -22 nd -	Speed Training on Snow.
Sunday, May 22 nd –	Depart after training (3:00pm?)

3-Day Schedule:

Thursday, May 19 th -	Arrive between 5:00 -7:00pm. Team Meeting at 8:00pm.
Fri – Sun, May 20 th -22 nd -	Speed Training on Snow.
Sunday, May 22 nd –	Depart after training (3:00pm?)

Criteria:

U14-19:

This camp is open to all PNSA U14-19 athletes

Club Coaches are welcome to contact Matt Morrell about working with/on staff.

Camp Venue:

This Camp will include at least two SG sections and an elements area that will include jumps, wavetrack(s) and other terrain elements.

Camp Content:

This camp will offer a three and four day progression that will include basic jump progression as well as proper speed technique and tactics.

Staff:

The camp will be directed by Kevin McDevitt and other coaches from programs throughout PNSA

Lodging, Meals, and Lift tickets:

Lodging, meals and lift tickets are included in the camp cost.

Athletes will stay at the White Pass Village Inn Condos and all athletes are required to stay with PNSA at the condos.

White Pass Ski Resort will provide breakfast, lunch and dinner each day except Sunday (which will include breakfast and lunch).

Cost:

3-Day Camp \$540.00 by cheque or \$557 by [PayPal](#)

4-day Camp \$720.00 by cheque or \$743 by [PayPal](#)

Registration:

Please express interest in this project so White Pass has potential numbers by April 15th. Athlete sign ups need to be completed by April 30th in order to establish camp viability. There is a minimum number of athletes needing to attend in order to hold the camp.

On-line registration is at:

◆ www.pnsa.org/calendar/details/389