

Jackson Hole Ski & Snowboard Club Collegiate Level Summer Camp



Jackson Hole arguably offers some the best summer training opportunities for Nordic athletes in the country. With Grand Teton National Park out the back door, over 65 miles of multi-use pathways in Teton County and GTNP, and optimal terrain for ski imitation and agility drills at our Snow King headquarters, collegiate level athletes have an opportunity to get in a solid week of excellent training in paradise.



What's included

For \$650 athletes have access to

- Room and Board
- Transportation
- Coaching support – video & technique review, training and location logistics, 1 week of structured volume training, local knowledge.
- An amazing and inspiring training week



Coaches

Scott Lacy – Camp Head. JHSC Prep/Comp Coach. USSA L200.

Ben Morley- JHSC Nordic Director. USSA L200.



Training Plan

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
Volume	8:00 AM	Arrive at Snow King, Jackson, WY by 12 pm	Double Pole Distance. Grand Teton National Park	L3 Moose Hoof Intervals up Garnnet Canyon. GTNP	Skate Distance w/speeds, agility & video	Light jog around Jenny lake. GTNP	Rendezvous Mountain Hill Climb.	Depart
	4:00 PM	Distance run around Snow King & Strength	Light jog around Phelps Lake/Swim	Skate Agility Warm Up. Strength at Snow King	Kayak String & Lea Lake	Off		

- For the Monday and Wednesday strength sessions athletes are encouraged to follow their own strength plan, but coaching support will be provided if needed. JHSC has a small weight room at Snow King with free weights available.
- At the end of the week athletes are encouraged to sign up for the Rendezvous Mountain Hill Climb. This is a 6.1 mile running race with 4100' vertical of climbing. Please register at <http://www.rendezvousmountainhillclimb.com/>

Who can participate

- Any U20-U23 Collegiate Level Athletes. You do not have to be a collegiate athlete.
- This camp is limited to 4 male and 4 females. Note that some local and regional athletes may join us for some sessions.
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Registration