

# U16 Recommended schedule 2022/23

\*\*\***Bold is a training day**

\*\*\*Red is an OOD event, and requires an out of division intent.

\*\*\*Green is a Championship Event

---

Oct 27th - 30th                      Camp at Copper Mt. (SL)

## November

Nov 10th-13th                      Camp at Copper Mt. (GS)

Nov 19th - 22nd                      Thanksgiving Camp (Winter Park) - Session I

Nov 24th - 27th                      Thanksgiving Camp (Winter Park) - Session II

## December

Dec 3rd - 4th                      SL/GS mini-camp.                      @Giants Ridge

|                 |                          |                   |
|-----------------|--------------------------|-------------------|
| <b>Dec. 9th</b> | <b>SL Training</b>       | <b>@Giants R.</b> |
| Dec. 10th       | Scored PM (afternoon) GS | @Giants R.        |
| Dec. 11th       | Scored PM (afternoon) GS | @Giants R.        |
| Dec. 17th       | Scored 2SL - W           | @Wild Mt.         |
| Dec. 18th       | Scored 2SL - M           | @Wild Mt.         |

---

\*CO races:

|           |                  |            |
|-----------|------------------|------------|
| Dec. 17th | SYNC 2SL - Women | @ Loveland |
| Dec. 18th | SYNC GS - M/W    | @ Loveland |
| Dec. 19th | SYNC GS - M/W    | @ Loveland |
| Dec. 20th | SYNC 2SL - Men   | @ Loveland |

---

Dec. 23rd                      Chuck Stone Memorial                      @ Buck Hill

**Dec 26th - 31st                      Christmas Camp @                      Buck Hill**

Dec. 31st                      Afton Night GS                      @Afton Alps

## January

Jan 7th                      Scored 2GS - W&M                      @Spirit Mt.  
Jan 8th                      Scored SL - W&M                      @Spirit Mt.

**Jan. 12th**                      **GS Training Day**                      **@ BlackJack**  
Jan. 13th                      Shelly Glover SG - W&M                      @ Indianhead  
Jan. 14th                      Shelly Glover GS - W&M                      @ Indianhead  
Jan. 15th                      Shelly Glover SL - W&M                      @ Indianhead

**Jan 16th**                      **Practice at Buck - 9am - 2:30pm (MLK Day)**

**Jan 20th**                      **SL TRAINING**                      **@ Mt LaX**  
Jan 21st                      Nagy Memorial SL - W&M                      @ Mt Lax  
Jan 22nd                      Nagy Memorial - W&M                      @ Mt Lax

Jan. 28th                      Scored GS - W&M                      @Granite Peak  
Jan. 29th                      Scored GS - W&M                      @Granite Peak

**Jan. 27-29**                      **U14/16 JC Prep Camp**                      **@???**

## February

---

*\*Junior Champs Prep Camp:*

**Feb 1-2**                      **U16/14 Joint Training trip**                      **@Loveland**  
Feb 3rd                      SYNC 2SL W (suggested training day)                      @Keystone  
Feb 4th                      SYNC 2SL W (suggested W race day)                      @Keystone  
Feb 5th                      SYNC 2SL M (suggested M race day)                      @Keystone  
Feb 6th                      SYNC 2SL M (suggested departure day)                      @Keystone

---

**Feb. 3rd - 5th**                      **Indianhead Speed Camp**                      **@Big Snow**  
Feb. 6th                      Scored SG U14+                      @Big Snow

\*\*\**(Suggested if you are new to Speed and want more of an introduction)*

|                 |                                  |                      |
|-----------------|----------------------------------|----------------------|
| <b>Feb 10th</b> | <b>Training Day</b>              | <b>@Giants Ridge</b> |
| Feb 11th        | 2SL - W&M                        | @Giants R.           |
| Feb 12th        | 2GS - W&M                        | @Giants R.           |
| Feb 17th        | Afton Night Race GS              | @Afton Alps          |
| <b>Feb 19th</b> | <b>Train @ Buck 9am - 2:30pm</b> | <b>@Buck Hill</b>    |
| <b>Feb 20th</b> | <b>Presidents Day Practice</b>   | <b>@Buck Hill</b>    |

---

*JC Qualifier/Championship*

|                  |  |                  |
|------------------|--|------------------|
| <b>Feb. 23rd</b> | <b>Training Day</b>                    | <b>@Big Snow</b> |
| Feb. 24th        | Bob Hosking Championship/Qualifier-W&M | @Big Snow        |
| Feb 25th         | Bob Hosking Championship/Qualifier-W&M | @Big Snow        |
| Feb 26th         | Bob Hosking Championship/Qualifier-W&M | @Big Snow        |

---

## March

|         |                |        |
|---------|----------------|--------|
| Mar 3rd | Scored 2GS W/M | @Welch |
| Mar 4th | Scored 2SL M/W | @Welch |

---

*R/C Championships*

|           |                           |              |
|-----------|---------------------------|--------------|
| Mar 6-10  | R/C Championship - Tier 1 | @Winter Park |
| Mar 10-13 | R/C Championship - Tier 2 | @Crest Butte |

---

|           |                        |         |
|-----------|------------------------|---------|
| Mar 18    | Scored 2SL W/M         | @Wild   |
| Mar 24-26 | Central Champs U14/U16 | @Lutsen |
| Mar 24    | SYNC CHAMPS SL         | @Breck  |
| Mar 25    | SYNC CHAMPS GS         | @Breck  |
| Mar 26    | SYNC CHAMPS SG         | @Breck  |

# April

|               |                     |           |
|---------------|---------------------|-----------|
| Apr 8th-9th   | GS Spectacular      | @Vail     |
| Apr 15th-16th | Loveland Derby (SL) | @Loveland |

## \*\*\*INTERESTED IN MORE SPEED (SG, DH)?

–Please contact me (Teagan) with any questions on training, camps, races, etc.....most everything that you will find besides BigSnow speed camp will be OOD (Out Of Division). Thus, it will most likely require an intent and some planning. But I would love to help assist and try to get a small group together for some events.....my number: 651-528-4156.

---

## \*\*\*SPEED EQUIPMENT

–Please contact me ASAP early in the season with help on finding speed skis and speed equipment. We do have the “Ski Quiver” or “#Skquiver” available with some options. Plus, there are always speed skis lying around elsewhere if that fills up....I have a few connections....

---

## \*\*\*Questions on Tech Equipment?

–Same thing here....please contact me with any questions/advice; especially boots!! Best rule of thumb in ski racing is to keep it neutral. We want as neutral of a stance as we can when we are in U16s.....\*canting\* is the only thing I would suggest if an athlete is having trouble initiating a turn naturally. I can explain in more detail over the phone.

Same thing for skis/poles....I do collaborate and talk with Coach Ziemer quite a bit on equipment. Regardless, please come to me first and we will figure out the best resolution to any equipment needs. For more info on regulations, see below:

[Alpine Equipment Regulations 2022](#)

---

## \*\*\*Questions on JC Qualifying Criteria/Rubric?

–Please follow the link below for info and explanation on the criteria for qualifying to both WinterPark and Crested Butte.

(<https://docs.google.com/document/d/1DjiabtKGYu9K4YnWSeAPygbjnFNhSEkkxWz6YSw2Yhs/edit?usp=sharing> )

---

