



Junior Development Training Camp 2009

The Junior Development training is open to children who are accomplished skiers and boarders.

The attendees will be provided with the opportunity to develop their technique for skiing/boarding for advanced levels and some race training. Cross Country training sessions will also be available. Participants must bring along their own equipment for the respective disciplines and will be able to choose their preferred field/s prior to the commencement of the Camp.

The participants will have the opportunity to be coached by Darren Powell - the world's fastest snowboarder. Darren is an accomplished Ski and Snowboard Coach and has been involved with the snowsports industry for over 20 years. He has been a snowsports school director of snowsports schools such as Hot zone (Austria) and was an instructor/coach at Thredbo for over 10 years. Darren has been involved with Interschool's Race Coaching for over 10 years and taken junior teams to compete at many world junior race events.

The children will also be able to jam with Darren around the fireplace each night while he treats us to his vocal and guitar list. Bring along your musical instrument.

The anticipated schedule for the Junior Development Camp is as follows:

Day	Saturday	Sunday	Monday	Tuesday	Wednesday
Date	11th July	12th July	13th July	14th July	15th July
Warm Up / Stretching / Info	9.00am	9.00am	9.00am	9.00am	9.00am
Session 1 (9.30am - 11.30am)	Alpine	Snowboard	Alpine	Snowboard	Choice
Session 2 (1.30pm - 3.30pm)	Snowboard	Alpine	Snowboard	Alpine	Interschool Race Entrants will go their events
X-Country	4.00pm - 4.45pm	4.00pm - 4.45pm			
Lunch	12.00 - 1.00pm	12.00 - 1.00pm	12.00 - 1.00pm	12.00 - 1.00pm	
Dinner	6.30pm	6.30pm	6.30pm	6.30pm	

Please note: This schedule may change due to weather conditions

During the training camp the children will be expected to perform the following tasks:

- Able to communicate and join in with all activities set be part of the team
- Have and be responsible for their own equipment including a helmet
- Be able to get up and dressed ready for breakfast
- Prepare all equipment and outerwear ready for each days training
- Place all required items into the drying room areas ready for the next day
- Look after their own personal effects
- Be available and ready for all activities scheduled (and on time)
- Have a go and listen to Coaches
- Complete food/kitchen/fire/rubbish duties when rostered
- Hut Captain Duties if assigned

The children will also be expected to be available to race in The Illawarra Junior Interclub Races scheduled for Saturday 5th September 2009.

Dare to be different

Yours in Sport

Astrida Kreilis