



# Sunday River



## GACP Speed Week JIV Training Camp

Monday, February 2, 2009

TD: Craig Dudley

Chief of Race: Bear Bryant

Referee: Mark Godomsky

Assistant Referee: TBD

<b>6:45-7:45</b>	<b>Registration – GACP Competition Center</b>
<b>7:30</b>	<b>Coaches Meeting – GACP Competition Center</b>
<b>7:50</b>	<b>Athletes Meeting – GACP Competition Center</b>
<b>8:00</b>	<b>Lifts open</b>
<b>8:00-8:30</b>	<b>Freeski Ecstasy-Monday Mourning only</b>
<b>8:30-10:00</b>	<b>Session I</b>
<b>10:15-11:45</b>	<b>Session II</b>
<b>11:45-12:45</b>	<b>Lunch/Video</b>
<b>12:45-2:15</b>	<b>Session III</b>
<b>2:15-3:00</b>	<b>Video</b>

### SECTIONAL TRAINING:

	<b>Session I</b>	<b>Session II</b>	<b>session III</b>
<b>T2- cascade cut over to Monday Mourning</b>	Group 1 & 2	Group 3 & 4	Group 5 & 6
High Speed GS Turns and Tuck Turns			
<b>Ecstasy/Monday Mourning/RACE ARENA</b>	Group 3 & 4	Group 5 & 6	Group 1 & 2
Radar Gun			
200 meter Glide Track			
<b>Upper punch/Cascade Lift 9 down</b>	Group 5 & 6	Group 1 & 2	Group 3 & 4
High Speed GS Turns and Tuck Turns on Cascade			

**Please note that coaches collect bibs at the end of the day for distribution on Tuesday. Coaches will distribute the same numbers on Tuesday.**

Tuesday, February 3, 2008

TD: Craig Dudley

Chief of Race: Bear Bryant

Referee: Mark Godomsky

Assistant Referee: TBD

<b>7:00-7:45</b>	<b>Registration – GACP Competition Center</b>
<b>7:30</b>	<b>Coaches Meeting – GACP Competition Center</b>
<b>8:00</b>	<b>Lifts open for Athletes &amp; Coaches</b>
<b>8:00-8:30</b>	<b>Free Ski – Ecstasy to Monday Mourning - ONLY</b>
<b>8:15-9:15</b>	<b>Inspection – T2/Cascade</b>
<b>9:30</b>	<b>1 Sectional run from Island on Cascade (Bib Order) –</b>
<b>10:30</b>	<b>1 Sectional run starting above Grand Junction (Bib Order) –</b>
<b>12:00-12:45</b>	<b>Inspection</b>
<b>1:00</b>	<b>1 run from Top (Reverse bib Order)</b>
<b>2:00</b>	<b>1 run from Top (Reverse Bib Order) Timed</b>

**PLEASE NOTE THAT COACHES COLLECT BIBS FOR RETURN.**

**\$60 for two days (\$30 per day) / Entry Fee, \$50 (\$25 per day) if you have a season pass.**

**127 Barker Mountain Road**

**Newry, ME 04261**

**Fax Entries with a credit card to: 207-824-6812**

**E-mail Entries with a credit card to: [events@sundayriver.com](mailto:events@sundayriver.com)**