

Core Skills

New insights and challenges that go beyond the usual training routines

The **Core Skills Programme** is designed to take athletes back to the foundations, giving everyone the chance to revisit the essential techniques of skiing and riding. Through this programme, coaches encourage a fresh perspective on the basics, exploring how each fundamental skill contributes to overall performance.

Our coaches will introduce new insights and challenges that go beyond the usual training routines, targeting specific technical skills often overlooked in the regular schedule. This approach not only strengthens foundational abilities but also offers athletes a renewed understanding of the mechanics of skiing and riding. By refreshing core skills, the program helps athletes build a stronger, more well-rounded skillset, enhancing both confidence and capability on the mountain.

Programme Highlights:

Technical Focus: Our main emphasis in this camp lies in technical training. In this camp we will cover body position, weight distribution, timing of movement. Everything is focused on making the skis and snowboard work better while in contact with snow. We will bring the understanding of efficient movement from ski racing into parts of park riding and freeride where it is most applicable and advantageous.

Programme Features:

- 2 weeks of on-snow technical training.
- 1 trampoline session per week with on-snow coaches at Wanaka facility.
- Personalised plans for technical improvement
- Camp report

Training Details:

Tech Camp: 2 weeks
Training Days: Wednesday, Thursday, Saturday, Sunday
Dates: 18/06/25 to 29/06/25
Price: \$1240 or \$899 if purchased together with a main training programme

Skill Level:

Intermediate (ski/ride blue runs, improving skills and exploring new terrain including park) and above.

Daily procedures:

6 30 am Weather and training info updated by the coaches
8 30 am Meet outside of ski patrol in trainers
8 30 - 8 50 am Warm up in trainers no ski/SB boots

9 am Meet your coach outside Ski Patrol ready to ski/ride
11 30 am Lunch break (approximately)
2 30 to 3 pm Finish

Coaches: TBC

Communication:

Daily updates, including start times and meeting places, occur via WhatsApp with the respective group coach.

Coaches' daily updates and reports via WhatsApp

Reports, updates and newsletters are shared via email.

Contacts:

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