

WST School Holiday Camps

School Holiday Camps welcome both new and experienced ski racers (U8 to U16), offering a structured programme for athletes with limited time or those from outside the region. Five camps run throughout the season - three during July holidays and two in Spring holidays - each delivering 5 days of intensive training.

Each camp concludes with an inclusive race event where athletes can apply their new skills in competition. Athletes receive an end-of-camp report detailing their progress and achievements.

Our experienced coaches create an engaging environment that balances learning with fun, ensuring athletes at all levels develop technical skills and race readiness. This makes it ideal for both newcomers and those building on existing race experience.

Pre-requisites for this camp:

- U8/10 Red runs and parallel on green runs
- U12 Parallel on all groomed runs and carve on green runs
- U14/16 Parallel on all terrain and carve on green runs

Programme Features:

- On-snow training.
- Mini race at the end of each camp.
- End-of-season progress report.
- Wanaka Ski Team jacket which will be provided to you at the information evening the night prior to your camp starting and can be returned on the last day of training. Please note there is a refund of \$100 if your jacket is returned on time.

Equipment Requirements:

SKIS

A good pair of carving skis, please no twin tips! You are welcome to bring GS and SL specific skis if you have them.

BOOTS

Having the correct ski boot is crucial for our sport, it is one of the most important pieces of athlete's equipment.

Boots must be the right size for the athlete; incorrectly fitted boots could potentially slow progression, be uncomfortable, and even expose athletes to injury.

Correctly fitted boots will allow athletes to have better control of their skis and help them to replicate the movements being taught by the coach.

When purchasing new boots, please make sure to check the following:

- Athlete can tighten the buckles until there is only space for one finger on the back side (between liner and calf), even at full tightness there shouldn't be any pain around toes, foot plant, and/or ankles.
- Athlete should be able to flex forward pushing shin against liner (please note when trying new boots in store the temperature will be much warmer than on snow conditions, resulting in softer plastic).
- Athlete shouldn't be able to lift heel when boot is tight.

POLES

Measure the distance from the ground to the hand when the athlete stands tall with their elbow bent 90 degrees forward.

PROTECTION

We strongly suggest all athletes wear back protection when training and racing. Make sure it is the right fit; athletes should have full ROM with no limitations.

HELMET

All athletes must wear a helmet.

We have noticed an increased number of athletes wearing huge and bulky neck warmers over their helmets. We strongly discourage this as it can limit the athlete's sight and neck ROM.

Training Details:

Each camp:	5 days per week
Training Days:	Monday to Friday
Dates:	Camp 1 – 30 June to 4 July
	Camp 2 – 7 to 11 July
	Camp 3 – 14 to 18 July
	Camp 4 – 22 to 26 September
	Camp 5 – 29 September to 3 October
Price:	\$800 per camp

Daily procedures:

6 30 am	Weather and training info updated by the coaches
8 20 am	Meet outside of ski patrol in ski boots for activation
8 30 am	Head off with your coach for on snow warm up and morning training session
11 30am	Lunch break (approximately)
12 15pm	Afternoon training session (approximately)

2 30pm Finish

Coaches: TBC

Communication:

Daily updates, including start times and meeting places, occur via your team WhatsApp group chat. Reports, updates, and newsletters are shared via email.

Contact:

Please contact us on race@cardrona-treblecone.com for further information or register your interest [here](#).