

# WANAKA SKI TEAM HPC

CARDRONA / TREBLE CONE

## Seasonal Junior Full Time Team

The Junior Team develops essential alpine ski racing skills for U10 and U12 athletes ready to advance their training. The programme combines on-snow coaching with fitness training, video analysis, team building, and personalised performance planning through our Individual Performance Plan (IPP).

Our experienced coaches build strong technical foundations whilst fostering resilience and competitive spirit. Athletes develop both the skills and mindset needed for advanced racing opportunities, including Interfield competitions, setting them up for success in their ski racing journey.

### Pre-requisites for this team:

Athletes must be able to ski parallel on all groomed runs and carve on green runs.

### Programme Features:

- On-snow training, including race support.
- Weekly fitness and team building activities in Wanaka.
- Personalised season plans and goal setting.
- Mid-season and end-of-season progress reports.
- Wanaka Ski Team jacket which will be provided to you at the information evening the night prior to your programme 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

U8 and U10 1 pair of skis, height approximately eye level.

U12 2 pair of skis, 1 GS and 1 SL.

- GS: between athlete's height up to 10cm above at most
- SL: 5/10cm shorter than athlete's height

Please note: NO twin tips or fat skis are allowed unless specifically requested by your coach.

#### SKI 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.

We recommend purchasing 3 or 4 buckles boots.

Every boot comes with a flex index, and this is different for every brand. The higher the number the stiffer the boot. For reference 150 flex is recommended for FIS level athletes (and some physically strong U16 athletes).

U8 3 buckles 50/60 flex

U10 60/70 flex

U12 70/100 flex

Please note: Flex depends on the boot size, height, and weight of your athlete as well as skill level. If in doubt please contact us at [race@cardrona-treblecone.com](mailto:race@cardrona-treblecone.com), we are happy to guide you through your purchase.

#### POLES

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

#### PROTECTION

U12 athletes will need arm guards, shin guards and chin guards for SL training on full gates for cross block.

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

Must be specifically designed for Alpine skiing.

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:**

Full-Time Programme:	4 or 5 days per week
Training Days:	Wednesday, Thursday, Saturday, Sunday (plus Friday for 5 days)
Dates:	2/07/25 to 21/9/25
Price:	\$5999 (4 days) or \$7499 (5 days)

#### **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 30 am	Lunch break (approximately)
12 15pm	Afternoon training session (approximately)
2 30pm	Finish

\*Please note early training sessions will be offered at times and this will mean an adjustment to the usually training schedule.

**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](mailto:race@cardrona-treblecone.com) for further information or register your interest [here](#).