

Wanaka Ski Devo Team

The Devo Team is the true entry point for young athletes looking to bring their skiing closer to alpine ski racing, without the full commitment of a seasonal programme. Tailored for U8 to U12 athletes, this programme runs for the 5 weeks of each athlete's school skiing period, with two training days per week: one aligned with their school ski day and the other on one weekend day.

This flexible structure allows athletes to learn the foundation skills of alpine ski racing while maintaining a manageable schedule. Athletes will benefit from race support at local Interfields races, gaining early competitive experience in a supportive environment. Whether you are just starting your ski racing journey or looking to build a solid technical base, the Devo Team offers a pathway to grow within the sport.

Under the guidance of our coaches, young athletes will focus on learning the sport and beginning to train, all while fostering a love for skiing and racing. This programme is the ideal introduction to alpine ski racing, designed to inspire and develop future ski racers who can progress to our Junior and Youth Teams.

At WST, we ensure that today's training shapes tomorrow's success, setting athletes up for continued growth and development in ski racing.

Pre-requisites for this team:

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

Programme Features:

- On-snow training, including coaching support at local races.
- Video analysis.
- End-of-season progress reports.

Equipment Requirements:

SKIS

A good pair of carving skis, approximately eye height. Please no twin tips!

BOOTS

Having the correct ski boot is crucial, 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:

Full-Time Programme:	2 days per week, 4 hours per day
Training Days:	Your school skiing day plus one weekend day
Dates:	In line with your school skiing dates, 5 weeks total
Price:	\$500

Daily procedures:

Weekday:

4 hours of training per day as per your regular school skiing timetable.

Weekend day:

6 30 am	Weather and training info updated by the coaches
9 20 am	Meet outside of ski patrol in ski boots for activation
9 30 am	Head off with your coach for on snow warm up and morning training session
11 30 am	Lunch break
12 30pm	Afternoon training session

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](#).