

WST Core Skills Camp

The Core Skills Camp is an early-season programme offering intensive training before the main season begins. Running for two weeks with four training days weekly (Wednesday, Thursday, Saturday, and Sunday), this camp welcomes athletes from U8 to FIS age.

The focus is purely on skiing fundamentals through drills, exercises, and technique development, without race preparation pressure. This makes it ideal for athletes coming from a short northern hemisphere season or those seeking to strengthen their foundations before joining seasonal programmes.

Pre-requisites for this camp:

- U8 Red runs and parallel on green runs
- U10 Parallel on all groomed runs and carve on green runs
- U12 Parallel on all terrain and carve on green runs
- U14 Parallel on all terrain and carve on blue runs
- U16/FIS Parallel on all terrain and carve on red runs

Programme Features:

- 2 weeks of on-snow technical training.
- Personalised plan for technical improvement.
- End-of-camp 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 jacket return refund of \$100 if your jacket is returned on time.

Equipment Requirements:

SKIS

A pair of good carving skis, height approximately eye level.

No twin tips 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.

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 are required to wear a helmet while training.

Training Details:

Tech Camp: 2 weeks
Training Days: Wednesday, Thursday, Saturday, Sunday
Dates: 18/06/25 to 29/06/25
Price: \$1240 or \$890 together with main training programme

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)
3 00pm	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](#).