

Race Pro Camps

Race Pro Camps return for the 2025 season, welcoming both NZ and international athletes (U8 to U16) seeking focused training at Cardrona and Treble Cone.

Running between the July and September school holidays, each 3-week intensive camp delivers 5 days of training per week. Athletes develop and refine their technical skills under WST expert coaching, maximising their potential.

Optional race support is available for New Zealand's National Points and Interfields competitions, allowing athletes to integrate racing into their training schedule.

These flexible camps provide a comprehensive training environment for athletes to enhance their performance and achieve their ski racing goals.

Pre-requisites for these camps:

- 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
- U14/16 Race experience either Interfields or National Points level

Programme Features:

- Expert on-snow training.
- Option race support.
- End-of-camp 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

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

U14 Compulsory 2 pair of skis, 1 GS 1 SL; recommended 1 pair of SG skis

- GS: 5/15cm higher than your athlete's height, radius 17mt to 21mt.

- SL: 10/15cm lower than your athlete's height, radius 9mt to 12mt.
- SG: could be a longer GS ski with 25mt to 30mt radius or a specific SG designed for Youth age category.

U16 3 pair of skis, 1 GS, 1 SL and 1 SG.

- Men
 - GS skis 181cm-188cm, radius 25mt-30mt.
 - SL skis 150cm-165cm, radius 11/12mt.
 - SG: FIS GS skis 188cm-193cm 30mt (they can be used the year after if athlete is moving to FIS, please note for FIS ANC races minimum is 193cm) or specific SG Youth age category skis.
- Women
 - GS skis 181cm-183cm, radius 23mt-30mt.
 - SL skis 150cm-155cm, radius 11/12mt.
 - SG: FIS GS skis 183cm-188cm 30mt (they can be used the year after if athlete is moving to FIS, please note for FIS ANC races minimum is 188cm) or specific SG Youth age category skis.

Please note: The radius depends on the ski brand. Ski length also depends on weight, strength, and ski level of the athlete.

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

U14 100-110 flex

U16 110-130 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 , 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 and older 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

U8 to U12 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.

U14/16 Must carry the FIS stamp "Specifications RH 2013".



Training Details:

Each camp:	15 days total
Training Days:	Tuesday to Saturday
Dates:	Camp 1 – 22 July to 8 August Camp 2 – 11 to 30 August Camp 3 – 2 to 20 September
Price:	\$3750 per camp

Daily procedures:

6.30am Weather and training info updated by the coaches

8.20am	Meet outside of ski patrol in ski boots for activation
8.30am	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](#).