

Racer Training Program

This program is designed for intermediate skiers and riders who would like to hone their skills in a competitive atmosphere. A perfect fit for schools wanting to start a ski & snowboard club or race team as we safely introduce students to racing as well as all-terrain skiing & boarding. This program is coached by instructors who are certified and experienced race coaches.

Day 1

We start with general skill improvement on groomed terrain. The focus will be on stance and balance, and appropriate ski mechanics. A review of the skier's responsibility code and discussions on mountain safety will be conducted.



Day 2 & 3

We will begin to introduce participants to simple training race courses. Skill development will refine skills needed to carve through the race course and ski the whole mountain confidently. Depending on conditions our instructors will use gates to set training corridors to work on line and symmetry or use the varying terrain of the mountain to achieve skill development goals.

Day 4

Students will be introduced the type of race courses participants are likely to see in competition. The courses used will depend on the age and type of competition participants are training for. If participants are not training for competition then a generic course will be used similar to the dual slalom courses run at Hemlock throughout the season.

Day 5

We will conduct a practice race complete with timing. This will help simulate the race environment participants will experience. Students will receive a written evaluation of their progress and recommendations for future training.

For more experienced racers, we can create a program specific to fit the needs & ability level of your group!