**Ben Eoin Race Team Ski Cross Camp and Race Format**

**U-8 and up (U-8 based on coach recommendation)**

**Important information for all coaches and athletes attending the Ben Eoin SX camp and Race.**

**Day 1**

Training days will focus on Safety, Skill development, techniques and tactics. Other topics will include track features and the differences and benefits for alpine.

The ski cross camp will begin on Thursday Feb 6th at 12:30pm for coaches in the board room of ski Ben Eoin for a safety meeting and protocols that will be in place over the three days.

Coaches and all athletes will meet at the start of the ski cross track at 1:15pm to review safety protocols with all athletes.

A full detailed course inspection will take place with all coaches and athletes to review course layout and features. (Yellow flag areas)

After inspection, training will begin with one up on the track. Each athlete will have several individual runs. We will run the athletes based on age group (U14+, followed by U12, U10, and then U8; repeat). Athletes are encouraged to free ski until the age group above them is going through the course, at which point they should line up to get ready to ski the course.

Based on coaches’ recommendations for their own athletes two ups will begin.

Based upon time, coaches’ recommendations, and athlete experience some three ups may begin.

Day 2

Coaches and all athletes will meet at the start of the ski cross track at 9:30pm to review safety protocols with all athletes.

A full detailed course inspection will take place with all coaches and athletes to review course layout and features or any changes / conditions from Day one. (Yellow flag areas)

Training will begin with one up on the track. Each athlete will have individual runs. As the day before, we will run the athletes based on age group (U14+, followed by U12, U10, and then U8; repeat). Athletes are encouraged to free ski until the age group above them is going through the course, at which point they should line up to get ready to ski the course.

Based on athletes / coaches / conditions, Two, Three and four up runs will be phased in for all ages

Race Day

Coaches and all athletes will meet at the start of the ski cross track at 9:30pm to review safety protocols with all athletes.

A full detailed course inspection will take place with all coaches and athletes to review course layout and features or any changes / conditions from Day two. (Yellow flag areas)

Training runs will begin 15 minutes after course inspection closure.

Qualification time trials (individual) will begin at approximately 11:00am.

Race start 1:00pm

Format

**Athletes from all clubs** will be put in four up heats based upon age categories. Athletes will advance forward to the Small and Big final in all age groups based on heat results.

Medals will be presented upon completion of the race.

Additionally we have attached the LTAD 3.0 progression for SX for coaches.

**NOTE: On day one and two, coaches can opt to have their athletes ski in the course against only their own club members; if athletes of the same club are not lined up together and wish to ski in the course together, they must wait until the athlete who is furthest back in the line makes their way to the front after everyone before them has gone (i.e., they cannot jump the line).**