



Mammoth Camp 2019

April 7th- 27th



Intro

[Stockman Sports](#) has been operating junior and FIS alpine camps for many years. Our camps have run in New Zealand, USA and Switzerland. Athletes in our programs have made significant improvements not just with their skiing but personally as well.

The timing of our Mammoth camp is designed for the ski racer who wants to either prepare themselves for the NZ season or maintain training momentum during the off season by focusing on technique, skills and tactics.

Scheduled weekly training will involve GS and Slalom training as well as including daily free skiing either in the morning or afternoon and video analysis (when required) to support their on snow program. We also incorporate Super G free skiing for up to 1 hour each morning into our training as a number of the athletes requiring time on their Super G ski's will find this hugely beneficial.

Schedule

In 2019, athletes will be able to choose & enjoy between a 1, 2 or 3 week program. Each day starts at 8:30am and goes through to 3pm. Mammoth offers the right mix of training conditions for effective technical progression and gives athletes the opportunity to focus on the fundamentals of a technique that will work best for them.

Training Focus The focus of the Mammoth camp is on the development and mastering the individuals technical skills through Free skiing, drills and exercises in Stubbies, Gates etc. We want lots of time on snow during this camp.

Once mastered, the goal is to incorporate technical skills learnt from outside the course along with tactical sequencing & then bring what has been learnt into gates, stubbies, gate corridors and rhythmical sets. This will allow the athletes to learn and own the feeling of what they are trying to achieve & then take what they have learnt into longer length courses with rhythm changes.

Every training day includes - The coaches explaining and practicing Fundamentals with the athlete - movement skills * Video review/analysis when needed for the individual athlete * Individual briefing / individual planning "This is a on snow camp" We will push for all sessions to be on snow unless physical training is required based on inclement weather or if the athlete or athletes require specific dryland training – (this will be an extra cost to athlete per session)

Mammoth Mountain

* Our training base is at Mammoth Mountain - Mammoth Mountain is located in California, 6hrs drive from Los Angeles LAX airport or 5hrs from San Francisco.* Mammoth is a fairly big area with up to date chairlifts and gondolas. There is a pretty laid back culture throughout the resort and town of Mammoth with a high level of service to ski racing. * World Cup teams come back year after year for good reason (US world cup teams routinely book in for April until end of May)

Features of our Training Arena

Super-fast turnaround on chairlifts, excellent snow conditions (man-made & natural snow) and a great choice of different levels of terrain

Terrain

Mammoth has an abundance of what we would refer to as great learning terrain through to expert terrain. We utilise the moderate slopes with consistent fall lines daily to allow the athletes to gain confidence through feel & understanding. We will focus on building the skills & consistency of the athletes challenging each individual on the varied & steeper terrain outside of the training arena including a lot of great powder – off piste skiing slopes. Consistent weather patterns makes for predictable weather and consistently good snow conditions, all day long even on the warmest days. These factors combined with Mammoths laid back culture make it a perfect training base for the athletes.

Program Goals * Improve overall Performance and awareness... increase confidence * Decrease injury potential by focusing on basic fundamentals * Increase motivation...do the work, concentration, strategies, discipline, no excuses * Develop a routine for each day of training...create strategies for achieving success * Develop long term relationships ... Most important ***FUN***

Program Themes * Culture * Respect * Work ethic * Equality (one team) * Individualised approach * Creating routine in training which will lead to trusting it all on race day

Dates The Mammoth camp will run from the **7th - 27th April 2019**. You can choose in week blocks how many you would like to do. We offer 1, 2 & 3 week options.

Accommodation

Families and athletes will be able to source accommodation at **Wholesale Rates** thanks to the team at "[Harbour City Travel](#)" they can also assist you with car rental, travel insurance and any other queries you may have.

It is recommended that **Mammoth Village** is the choice of location for accommodation as it is so easy to catch a bus to the ski resort at no cost. So no need to rent a car if you choose not to. Again "[Harbour City Travel](#)" will help assist you with this.

Things to do in Mammoth

There are lots of things to do for the parents and kids outside of skiing during free time or a day off, so have a look below at the many options.

Snow Creek Athletic Club 5 x Tennis Courts, Racquetball court, Full Gymnasium, Basketball court, Indoor & outdoor pools, Steam rooms, Spa Pools

1 Day Pass -\$25.00, 10 Day Pass - \$200.00, 20 Day Pass \$340.00

Rock N Bowl A really fun place to go with the kids and it has good nibble food, a fantastic bar and a great atmosphere with about 16 bowling alleys. We plan a get together for everyone here at least one time a week over the camp.

Indoor Golf

Go to Rock N Bowl and it's on the second floor. It has 3 x Golf Simulators for anyone who would like to play golf and it is a lot of fun but make sure you phone and book.
+1 760 934- 420

Cross-Country Skiing

Over 100 miles of groomed and untracked trails are available for cross-country skiing and snowshoeing. The most popular area for Nordic skiing in the Mammoth Lakes area is Tamarack Cross Country Ski Center located in the spectacular Mammoth Lakes Basin. Tamarack offers 19 miles of groomed trails as well as lessons and equipment rentals.

Dog Sledding

If you've never been on a dogsled, it's an adventure you won't want to miss. Visit Mammoth Dog Teams at www.mammothdogteams.com for the ride of your life!

Snowmobiling

The Forest Service maintains 100 miles of scenic groomed snowmobile trails leading to thousands of acres of ungroomed snowmobile play areas. Create memories of a lifetime enjoying the back country sight-seeing opportunities on a snowmobile. DJ's Snowmobile Adventures offers backcountry guided tours, self- guided tours and an affordable family ride program. For a list of all rides visit their website.

Camp Pricing

(please note prices are in US\$)

If paid before January 25th 2019

1 Week - US\$2000.00 - 2 Weeks - US\$3100.00 - 3 Weeks - US\$4200.00

If paid after January 26th 2019

1 Week - US\$2700.00 - 2 Weeks - US\$4100.00 - 3 Weeks - US\$5300.00

Included - This will cover Coaches costs, Free ski & Gate Training - Equipment hire – Gates, Stubbies, Brushes, Drills etc, Lane space, Video Analysis.

Not Included – Athletes Flights, Accommodation, Food, Equipment, Ski Passes

Booking your Travel

Stockman Sports has a long lasting relationship with "[Harbour City Travel](#)" and they have worked really hard to establish a strong relationship with the resort & the town of Mammoth to bring you all very competitive rates. The team at HCT will assist you with **discounted accommodation** for the Mammoth Camp as well as flights and travel insurance.

Owners of 'Harbour City Travel', Chris & Barbro Scott, each worked 4 winters at Mammoth Mountain working on Race Dept & Ski Instructing so they have a fantastic understanding of the area and are set up to assist you with any questions you may have regarding Mammoth and the surrounding area. Our dedicated contact person is **Stephen Hicks** and he will help you out from start to finish with any questions you may have.

Stephens contact details are: Email: stephen@hct.co.nz Ph: +64 4 4724757

If you have any further questions please email admin@stockmansports.com or phone Grant Stockman on +6421518144 prior to booking.