RMD J3 SPEED PROJECT

Sponsored by the Colorado Gold Medal Initiative

LOCATION: Steamboat Springs, Colorado, Mt Werner and Howelson Hill

DATES: January 14 and 15, 2010

SPECIAL GUESTS: **JONNA MENDES, CAROLINE LALIVE, and JASON ROSENER**

COST: $48 per day, please make checks payable to Steamboat Springs Winter Sports Club

WAIVERS: Please fill out attached waivers

CONTACT: Deb Armstrong, darmstrong@sswsc.org; 970.879.0695 ext 109 or Terry DelliQuadri, tdelliquadri@ussa.org; 435.640.8504. Coaches please send list of athletes participating to Deb by January 11, 2010.

SCHEDULE:

January 14th – Howelson Hill

9:00 AM Team Captain's Meeting – Olympian Hall

9:30 AM Lifts Open

SG Terrain and jumping on the face of Howelson, Wave track on the lower face, glide track on the mile, jump progression on the Nordic jumps and Start work/practice.

4:00 PM Team Captain's Meeting

January 15th – Mt Werner

9:00 AM SG Training and a Glide track

LODGING: Please see attached sheet