

HOTHAM ACADEMY

Ski & Snowboard

The Hotham Academy
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 Visit The Academy at: www.skiingacademy.com

Hotham Academy Spring Camp Mt. Hotham Resort Aug 28th – 29th, 2021

Dear Hotham Academy Skier:

WELCOME! We are glad you will be joining us for the Hotham Academy 2 Day **Spring Camp**. We are looking forward to skiing with you and know that you will have a great time with the Mt. Hotham Academy team. As one of Australia's finest resorts, Mt. Hotham has a lot to offer; great skiing and riding, the best snow and terrain, fine dining and lots of après ski activities. It's a great mountain to elevate and perfect your high performance skiing with some of the most challenging and diverse terrain in the country. Our Spring Camp will aim to target the individual weaknesses in your performance skiing through targeted exercises and progressions on easy terrain. Once some of these techniques are honed in we will try to adapt them to more challenging situations and snow conditions as the day's progress. You will get in some good mileage and lots of personal coaching.

We will meet at **9.00am** in Hotham Central's Chill Bar. Below is an initial itinerary for the 2 days and an equipment/clothing packing guide. This schedule may change slightly based on the group, the weather, etc. We will provide you an updated itinerary as we get closer to the start of the course. If you have any questions, please do not hesitate to call us at the Hotham Academy office at 0401 345 844 or send us an e-mail.

Please arrive dressed to ski. After everyone boots up, purchases their lift tickets we will head out on snow.

| Day 1 | Day 2 |
|--|--|
| 9:00am Meet in Mt. Hothams Chill Bar (Inside Hotham Central). Orientation meeting in the Academy's lecture room. | 9:00am Meet in the Academy's lecture room. |
| 9:30am-12:00pm On hill Training <ul style="list-style-type: none"> • Warm up • Short Turns and Skill Improvement • Shoot Video | 9:30am-12:00pm On hill Training <ul style="list-style-type: none"> • Warm up • Short Turns and Skill Improvement • Shoot Video |
| 12.00pm-1.00pm Lunch with Group (Video Review) | |
| 1:00pm-3:30pm On hill Training <ul style="list-style-type: none"> • Warm up • Work on Weakness from AM • Off piste skiing, Bumps and Mileage | 1:00pm-3:30pm On hill Training <ul style="list-style-type: none"> • Warm up • Work on Weakness from AM • Off piste skiing, Bumps and Mileage |
| 4:00pm Après Drinks @ Zirky's Bar | 4:00pm Course Wrap up and individual feedback |

SAMPLE TRAINING DAY

9:00am Meet in designated mtg. point, boot up, daily announcements
 9:30am-12:00pm Skill development via drills and technique work

| | |
|---------------|---|
| 12:00-1:00pm | Lunch with group on hill |
| 1:00pm-3:30pm | On snow: video, free skiing varying conditions and terrain, personal feedback |
| 4:00pm | Indoor clinic: video review & technical session (tech talk is optional) |

Our schedule will vary day to day depending upon snow conditions, weather conditions, desires of your group, and your group's general progression and improvement. Throughout the weekend there will be video/video analysis, indoor technical sessions, group après ski activities, and personal skiing evaluations.

Mt. Hotham Information

Directions:

Hotham Alpine Resort is located in the heart of the Australian Alps National Park. It's classic Australian wilderness up there. Think snowgums, think rolling mountain ridges, think Man from Snowy River country... it's breathtaking. A great map and directions can be located at:

<https://www.mthotham.com.au/discover/explore/getting-here>

Resort Entry:

A Resort Entry Fee is applied to all vehicles and passengers of coaches and taxis entering the resort during the declared snow season. Day permits can be purchased via the Alpine Easy Access prior to arriving at Mt Hotham. Season Entry Permits are also available and provide great value if you are planning to visit the resort for an extended period of time. Please take the time to consider which option offers the best value for you.

<https://www.mthotham.com.au/discover/explore/getting-here/resort-entry>

Accommodation Recommendations:

Mt. Hotham has a large variety of on snow lodging options. Contact Mt. Hotham Central Reservations for lodging options in the village and advice on which place would work best for your needs.

<https://www.mthotham.com.au/accommodation/places-to-stay/search-book>

Lift tickets

If you don't have a current Mt. Hotham season pass you will need to purchase a 2 day lift ticket. You can do this on the first morning of the course right in Hotham central (next to the Chill Bar). Here are the current multi day lift ticket prices.

<https://www.mthotham.com.au/lift-pass/lift-pass/search-book>

THE FOLLOWING LIST MAY HELP YOU PACK:

- Skis, boots, poles (Rentals and high end demo equipment can be found in One Tree Sports Store in Hotham Central)
- Helmet, beanie, headband
- Several pairs of Ski socks (wool/polypropylene blend or polypro socks best)
- Top and bottom long underwear (silk or polypro)
- Neck warmer or face mask
- Fleece layer, top and bottom and or down insulating layer
- One or two pairs gortex or other water/wind proof material outer **ski pants**
- Gortex or other water/wind proof material **ski jacket**
- Spring and winter gloves (2 pair, waterproof)
- Goggles and sunglasses (2 pair goggles if you have them)
- Evening clothes: pants, shirts, jumpers, track pants, slippers (afternoon tech talks & apre activities)
- Comfortable shoes that work well in snow (waterproof if possible)
- Toiletries, including sunscreen & chapstick, soap & shampoo, body lotion, Hydration pack, camera, alarm clock (all optional)
- Small shovel (always good to have in your car when you travel to snow country) (optional)

Skiing in such a remote part of the country we highly recommend that you have a subscription to ambulance Victoria. Just in case of an emergency or accident, you will be glad you have it for such a small cost.

If you have any questions, please do not hesitate to give us a call 0401-345-844 or email us at Hotham@skiingacademy.com

We are looking forward to skiing with you!

The Hotham Academy Team



****PLEASE NOTE OUR CANCELLATION POLICY**:**

We will notify all registered participants 14 days prior to the event if the course is to be cancelled due to lack of sign ups (as described on our website, a min. of 4 persons per course is needed). If you have to cancel for any reason (including medical), we require written notice in our office 14 days in advance of the first day of the course (you may send this via e-mail). With 14 days or more notice we can refund your payment minus 10% for administrative costs. Once we are within 14 days of the first day of the trip, we unfortunately cannot refund any portion of your payment even in the event of sudden illness or injury to you or your family. We recommend that you buy trip cancellation insurance (available through your travel or insurance agency) in case you get sick or injured before or during the trip (please stay healthy!!).