

## Sofa Ski Camps at Treble Cone 2019 – INFO SHEET

*Professional Coaching for Recreational Skiers*



<b>Start Time</b>	9:30am Sun, 9:30am Mon, 10:00am Tue, 10:00am Wed, 9:30am Thur
<b>Meeting Place</b>	Base Lodge Plaza (outside), next to the 1260 Cafe
<b>Duration</b>	5 days (Sunday to Thursday with Friday/Saturday as the optional heli ski day)
<b>Start Dates</b>	July 21 <sup>st</sup> , July 28 <sup>th</sup> , August 4 <sup>th</sup> , August 11 <sup>th</sup> , August 18 <sup>th</sup> , August 25 <sup>th</sup> , Sept 1 <sup>st</sup>
<b>Group Size</b>	Maximum of 5 participants of similar ability per group
<b>Levels</b>	Low Intermediate to expert skiers
<b>Price</b>	One Week: \$1,485, Additional Weeks: \$1200

**The main goal of this intense 5 day ski camp is to help you to improve your skiing as much as possible.** Rather than giving you a detailed outline of what might happen on each day, we on purpose keep this outline very general as we will adjust the programme to the individual goals and needs. To give you a better idea of what to expect and to help you find out if this camp is right for you, let me explain our philosophy in a few sentences and tell you roughly how the week will look like.

**We believe that lasting ski improvement in all areas happens most efficiently by improving our fundamental skills.** We will therefore use quite a bit of time early in the week to help you work on the things that might hold you back from skiing better. In the same way that musicians regularly practice

their scales or professional ski racers use the time in between competition seasons to work on their ski fundamentals, we will use the first part of the week to make your basic movements more efficient, which will set you up for success in the mid and long term.

***Only if we understand what we should be doing differently we can start to change it.***

An exact video analysis of your strengths and weaknesses is essential to make sure that you can work on exactly the areas where you have the biggest potential for improvement. We will start the camp with assessing each participant's skiing, by using our **unique and highly successful Sofa Ski School ski analysis concept**. The video analysis will be done by Klaus together with your coach, will be filmed and made accessible the same day through your online training diary.

**What comes next is hard work.** I am not going to lie to you as your skiing won't be changed by some quick tips or fancy explanations. We will come up with a plan on how you can change the things pointed out and will work with you in a positive, encouraging and fun way that will be characterized by precise supervision and effective coaching to make sure that you will achieve your goals.

The coaches are all experienced full certs and are at all times assisted by Klaus Mair. They all have the **latest teaching tools** available in their backpacks. **Camcorder** and **GoPros** are always with them so they can do additional video checks whenever they think it would be beneficial. Every group can use the **UClear Helmet Intercom System** which allows the coach to talk to you while you are skiing or while he is demonstrating.

We want to give you the most professional coaching that we can think of, even if your goal is "just" to master blue runs without fear. Every participant matters to us and we will work with the same commitment and precision no matter if you are a lower intermediate or an expert skier.

In the second half of the week we will transfer our newly gained skills into other areas like **skiing off-piste, carving, short turns, bumps, powder,...**

**You will be pleasantly surprised that all the fundamental things you worked on in the first half of the week are just as important in all these other areas or even more so that these things often are *the critical element to succeed there*.** Once set on the right track you will have a clear idea of what you have to focus on during your next ski trip, what you should be doing and what you should avoid.

**In a second video analysis session we will put your day 5 turns next to your video from day 1.** The goal once more will be to make it very clear what we want you to do more from now on and how the old technique looks like. We won't completely change your skiing in five days. It might even get really frustrating and feel like you are going backwards. But guided by a patient coach we will get you to a point where you will know how a good turn feels and what you have to do when the old movement or the habit comes back.

***What is most important is not what we achieve during the 5 days but how much you can improve your skiing by yourself afterwards. That it works is proven by a 50% return rate that we have each year in our TC camps despite growing the programme from 0 to 240 in only 6 years.***

A Sofa Ski Camp is not a feel good programme where we will tell you how great you are for 5 days and then leave you to it. We will help you understand your skiing better and will give you the tools to continue to train without your coach next to you. You will get all videos from the camp on a usb stick, a training diary where your progress will be documented and access to the Sofa Ski School member area and to my latest instructional "From Blue to Powder".

On Friday or Saturday we offer the option to add a day of heli-skiing to your camp. Using your new skills to do first tracks on perfect snow in stunning places should be another hard to beat highlight of your week training with us. [Harris Mountain Heli Skiing](#) will offer TC Sofa Ski Camp participants an exclusive 20% discount and for every 4 participants that sign up we will send one coach along. Like this you will get a great heli-ski discount and with a little bit of luck an additional day with your coach in perfect powder.

I hope you decide to join one of our camps and we very much look forward to training with you!



### Frequently Asked Questions:

- **What is included in the "pre-camp consultation by Klaus Mair"?**

After you have signed up on the Treble Cone website Klaus will get in touch with you to start to plan your training. We will ask you to fill out a short online form and you will get access to the Sofa Ski School member area, with lots of useful ski technique information, ski clips and articles to get you ready for your camp. [www.sofaskischool.com/news](http://www.sofaskischool.com/news)

You can also send us ski clips of yourself through [www.sofaskischool.wetransfer.com](http://www.sofaskischool.wetransfer.com) which will help us organize the groups before you arrive. This is optional and not a must.

- **Can you help me find accommodation?**

I am happy to give you some recommendations on where to stay or to help you chose. It would be best to first have a look on [www.lakewanaka.co.nz/accommodation/](http://www.lakewanaka.co.nz/accommodation/) or pages like [www.booking.com](http://www.booking.com) etc. to get an idea what is on offer. After that just send me an email if you are uncertain what to choose or if you would like my opinion: [klaus.mair@sofaskischool.com](mailto:klaus.mair@sofaskischool.com)

- **Do you provide transport from Wanaka to Treble Cone?**

We don't provide transport to the mountain as part of the programme but Treble Cone runs a free bus from Wanaka to the ski resort. More info and registration: <https://www.treblecone.com/mountain/transport/>

- **Which skis should I bring?**

I would recommend that you use the ski that you usually ski on but that you don't go wider than 90mm under foot. All groups will spend some time on the groomers doing drills and being on a ski that is wider than 90mm will make this much harder and does not give you the feedback from the edge that we are looking for. Read the article below or email me if you are not sure which ski you should use. We will also have the chance to demo skis on the mountain and don't forget that we get a 20% discount with Racers Edge Wanaka [www.racersedge.co.nz/](http://www.racersedge.co.nz/) More thoughts on equipment: <http://www.sofaskischool.com/news/item/article/pre-ski-camp-tips/>

- **I am only a weak intermediate. Would you recommend this camp for me?**

The minimum requirement is to be able to control your speed doing mostly parallel turns on a blue run. If you are still skiing in a wedge most of the time then I would rather suggest to book some regular group or private lessons. In any case you will be grouped with skiers of similar ability. If you are concerned that you are not advanced enough to do the camp then just send me an email [klaus.mair@sofaskischool.com](mailto:klaus.mair@sofaskischool.com)

- **What coaches will be used for this camp?**

All coaches involved in the Sofa Ski Camps at Treble Cone are especially selected experienced full certs that went through a series of training sessions with KM on this product. A lot of our coaches have a number of seasons experience doing Sofa Ski Camps and often have a background in ski racing or coaching highly motivated recreational skiers.

- **Which countries are your coaches from?**

In 2018 we had 11 coaches of which 9 were from Austria, 1 from England and 1 from Canada. We are not bound by a certain teaching methodology but try to take the best of all worlds to achieve the best results. The red line is set by the Sofa Ski School instructional videos. <http://www.sofaskischool.com/dvd/>

If you should have any further questions please contact me directly at [klaus.mair@sofaskischool.com](mailto:klaus.mair@sofaskischool.com)

## PROGRAMME SCHEDULE

Day	Activity
Saturday	<b>Equipment Check (optional):</b> From 4pm-6pm we will be at Racers Edge, Wanaka to help you choose the right rentals or answer any equipment or camp related questions that you might have. If you are happy with your skis and boots than you don't need to be there unless you want to come by and say hello. ☺ <a href="http://www.racersedge.co.nz/">www.racersedge.co.nz/</a>
Sunday	<b>Start: 9:30am Base Lodge Plaza, next to the 1260 Cafe</b>

	<p>- After a short <b>welcome and introduction</b> we will head up the mountain and do a few runs together to finalize the groups. We will make sure that everybody is in a group where they are comfortable and where we can reach the goals set. Changes to the groups can also be made at a later stage if necessary.</p> <p><b>First Video Assessment and Goal Setting:</b> We will have a good look at your skiing and based on this analysis will come up with precise goals for the week. For participants that have done a camp with us in the past we will do this on the second day, to give them a full day to repeat and secure the things we focused on last year.</p> <p><b>Equipment Check:</b> Being on the right skis and most importantly in a ski boot that fits is key for being able to ski really well. We will have a good look at your set up and if necessary will take you to Racers Edge where you will get a free assessment from a boot fitting expert. Sometimes the adjustments can be as easy as making the boot stiffer or softer, changing the canting or getting a custom made foot-bed.</p> <p><b>6:00pm Boot Fitting, Evening Session:</b> If your coach finds out that your boot might not be the right size or needs to be adjusted then we will meet after skiing at Racers Edge to fix those things right on day one. <a href="http://www.racersedge.co.nz">www.racersedge.co.nz</a></p>
<b>Monday</b>	Train, Ski, Have fun. Goal Setting for returners.
<b>Tuesday</b>	<p>By Tuesday we should be able to see the first results. We will meet in the evening at Urban Grind, directly in town to watch some of the GoPro footage that the coaches took and Klaus will have a short ski tech talk. Step back, relax, meet each other out of ski clothes and have a laugh.</p> <p><b>6:30pm Ski Clips, Drinks and Dinner</b> at Urban Grind <a href="http://www.urbangrind.co.nz">www.urbangrind.co.nz</a></p>
<b>Wednesday</b>	Train, Ski, Have fun. Before/After Check for first timers.
<b>Thursday</b>	<p><b>Before/After Check.</b> The goal of the before after video check is to sum the things up that we have worked on. We will compare your runs from day one with the one's taken later in the week and create a video summary for you that should serve as your main reminder clip for the next time you will go skiing. We want to give you a clear picture of what you want to avoid and what you want to do more of. A picture or video says more than thousands words and having this captured should be very helpful. Some of the before afters will already be done on Wednesday.</p> <p><b>5:30pm Apres Ski Finale</b> at Gin and Raspberry <a href="http://www.ginandraspberry.co.nz">www.ginandraspberry.co.nz</a></p>
<b>Friday/Saturday</b> (weather depending)	<p><b>Optional Heli Ski Day</b> To test your new skills in perfect powder you can sign up to go heli-skiing with your group at a 20% discount. For every 4 heli participants we can send a coach along. With a little luck you will get another day with your coach in perfect powder at a discounted rate skiing with a group that fits well.</p>

**Links:**

**Sofa Ski Camps at Treble Cone / New Zealand:**

[www.treblecone.com/snow-sports-rentals/programmes/](http://www.treblecone.com/snow-sports-rentals/programmes/)  
[www.sofaskischool.com/on-snow/sofa-ski-camps-new-zealand/](http://www.sofaskischool.com/on-snow/sofa-ski-camps-new-zealand/)

**Sofa Ski Camps Austria:**

<http://www.sofaskischool.com/on-snow/klaus-mair-sofa-ski-camps-austria/>

**Sofa Ski Camps Japan:**

<http://www.sofaskischool.com/on-snow/sofa-ski-camps-japan/>

**Sofa Ski School on Facebook:**

[www.facebook.com/SofaSkiSchool](http://www.facebook.com/SofaSkiSchool)

**Sofa Ski School on YouTube:**

[www.youtube.com/user/MairKlaus](http://www.youtube.com/user/MairKlaus)

**Sofa Ski School on Instagram:**

[www.instagram.com/sofaskischool/](http://www.instagram.com/sofaskischool/)

**Sofa Ski Camps reviews on Tripadvisor:**

[www.tripadvisor.co.nz/Attraction\\_Review-g612500-d11801314-Reviews-Sofa\\_Ski\\_Camps-Wanaka\\_Otago\\_Region\\_South\\_Island.html](http://www.tripadvisor.co.nz/Attraction_Review-g612500-d11801314-Reviews-Sofa_Ski_Camps-Wanaka_Otago_Region_South_Island.html)

**Sofa Ski Camps, BLOG ARTICLES:**

**The ultimate guide to ski and board camps around the world” by Jen Houltham**

<https://www.snowsbest.com/ultimate-ski-board-camps/>

**“Be warned the Sofa Ski Camp will make you a better skier!” by Snowsbest**

<https://www.snowsbest.com/sofa-ski-camp-improvement-course/>

**“Stuck in a rut? The Sofa Ski Camp can fix that!” by Tory van Brugge**

<https://www.snowsbest.com/ski-rut-sofa-ski-camp/>

**“Skiing – It’s not a beach holiday!” by Ben Kehoe**

<http://www.benkehoe.com.au/skiing-its-not-a-beach-holiday/>

