



## USSA National J2 Camp

The 2<sup>nd</sup> annual National J2 Talent Camp will be conducted August 1- August 8, 2011 In Sun Valley, ID. The camp will provide a great opportunity for many of the top young cross country skiers in the US to train together, and learn from USST staff and top club coaches.

The camp is the first step along the US development pipeline for promising young skiers. Each year the location of the camp will rotate around the US to other great training venues, with the same time slot each summer – the first week of August. Selections of the top 20 boys and top 20 girls were made using a best two of three individual results from Junior Nationals. (For the sprint race, the qualifying round results were compared with final heat results and the best of these two was used in the calculation). In addition to the selections, each division may petition for the addition of up to 1 boy and 1 girl to attend the camp.

Camp invite roster is listed below. Invitations and registration application will be sent to selected athletes shortly. The deadline for registering is May 20, 2011. The cost for this eight day camp is \$550, and does not include airfare. Camp details (travel, accommodations, coaching staff, etc) will be forthcoming shortly. For more information, please contact Camp Director Rick Kapala at: 208 720-7981 or via email [xcolaf@mindspring.com](mailto:xcolaf@mindspring.com).

This year's site at Sun valley offers a spectacular setting for athletes with great roller skiing, hiking, training facilities, lodging and other fun adventures nearby!

### Camp Training Plan:

The goals of the camp are two fold. Provide camp participants with an excellent week of dryland training with other top US Juniors that serves to help motivate participants in their efforts in sk racing. Additionally, we will be using the camp to provide participants with up to date information on nutrition and health management, current international ski technique and training planning and execution.

### Eligible J2's:

	<b>First name</b>	<b>Last name</b>	<b>Division</b>	<b>Affiliation</b>	<b>Best 2/3</b>
<b>GIRLS</b>					
1	Marion	Woods	AK	AWS	200
2	Brooke	Mooney	NE	Stratton	160
3	Heidi	Halvorsen	NE	Green Mtn Valley School	140
4	Anika	Miller	IM	Payettle Lakes Sports	140
5	Maggie	Williams	IM	Sun Valley Ski Education Foundation	95
6	Cate	Brams	NE	Cambridge Sports Union (CSU)	85
7	Halie	Lange	NE	Brattleboro Nordic	85
8	Nichole	Bathe	MW		81
9	Hannah	Benson	NE	Mt Washington Nordic	74
10	Sarrissa	Lammers	AK	Alaska Nordic Racing	71
11	Katrin	Larsson	FW	Sugar Bowl Academy	61
12	Madison	Keeffe	RM	Steamboat Springs Winter Sports Clu	56
13	Alayna	Sonnesyn	MW	Minneapolis Ski Club	52
14	Taryn	Hunt-Smith	AK	APUNSC	45
15	Elizabeth	Gill	IM	Bridger Ski Foundation	42

16	Zoe	Snow	NE	Cambridge Sports Union (CSU)	40
17	Dori	McNeill	RM	Steamboat Springs Winter Sports Clu	38
18	Hannah	Hardenbergh	RM	Ski & Snowboard Club Vail	38
19	Laurel	Fiddler	FW	Mammoth Mountain Ski Mountain	38
20	Sophie	Mcdonald	IM	Park City Nordic Ski club	37

#### BOYS

1	Hamish	Mcwen	NE	Cambridge Sports Union (CSU)	200
2	Tyler	Foulkes	NE	Stratton Mountain School	180
3	Haakon	Sigurslid	RM	Durango Nordic Ski Club	140
4	Thomas	O'Harra	AK	APUNSC	116
5	Marc	Jackson	IM	Team Soldier Hollow	100
6	Callan	Deline	RM	Ski & Snowboard Club Vail	85
7	Eric	Backstrum	AK	AWS	76
8	Harris	Drinberger	MW	Go Training	69
9	Ben	Hegman	NE	Mount Mansfield Union High	69
10	Ian	Boucher	RM	Crested Butte Nordic Team	69
11	Karsten	Hokanson	IM	The Utah Nordic Alliance	68
12	Cully	Brown	RM	Durango Nordic Ski Club	66
13	Sam	Merrens	NE	Ford Sayre	58
14	Sam	Miller	IM	Bridger Ski Foundation	57
15	Gavin	Hess	MA	Rochester Nordic Racing	52
16	Nick	Proell	MW	Go Training	52
17	Erich	Hoefler	AK	FAST	44
18	Blake	Murray	GL	Superiorland SC	43
19	Riis	Wilbrecht	IM	Jackson Hole Ski & Snowboard Club	38
20	Evan	Weinman	RM	Steamboat Springs Winter Sports Clu	33