

U.S. Snowboarding Halfpipe Rookies Visit HQ in Park City

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Published on Monday, August 25, 2008 - 07:00 AM

Park City, UT - A group of U.S. Snowboarding's halfpipe rookies wrapped up a week of work that included skateboards, trampolines and treadmills Friday during its summer camp in Park City. The rookies were there to spend time at the U.S. Ski and Snowboard Association's headquarters, getting to know their team and training together.

"This was one of the most important things that these kids needed to do to integrate into the organization. It's also a great opportunity for the staff out here to get to know them," said U.S. Snowboarding Freestyle Development Coach Bud Keene. "The connection with the staff out here was the biggest goal of the camp and I think we achieved it."

The rookies all took part in a lunch at the USSA's office where they participated in a question and answer session with the staff.



U.S. Snowboarding halfpipe rookie Matt Ladley sessions a rail in a Park City skate park last week. (photo: Katie Perhai/USSA)

"Just seeing how the staff works back at the offices is definitely something to benefit from," said Dylan Bidez (Minturn, CO). "Getting to meet people and seeing the people who try to help us do what we do was fun."

On top of notching in some time at a local skate park, the rookies took advantage of Park City's training features at the Utah Olympic Park as they worked on balancing and maneuvers on the trampolines. The athletes also took part in daily sessions with USSA's sport science department for info on building their strength and endurance.

"Some of them have been doing training as part of their academy programs, but many have not. So, it's important for us to emphasize the importance of physical condition that they're going to require to be champions of the world," Keene said. "Hooking up with the best sport science department in the world, as the USSA is, it doesn't get any better than that."

According to Bidez, who had to take the 2008 season off due to an injury, getting some insight from a new

trainer was a great benefit for him.

"I've been working out and trying to get as strong as I can to be injury free and getting new exercises from the trainer helps a lot," Bidez said. "I work with a trainer back home, but getting a new perspective and a different workout from what I normally do was great."

The group wrapped up their camp with a meeting with sport psychology, which Bidez also found to be helpful.

"Learning about routines we should do before we drop in [to the halfpipe] and getting used to being pressured was really beneficial," Bidez said.

The rookies now depart for New Zealand where they will train and compete in a World Cup Sept. 7.