

Camp Goals Team Ilka Stuhec Season 2021/2022

Camp 1: Kaunertal

Extensive periode: Working on the Fundamentals, core movements in the Turns

Date: 16.05.-22.05.20

Goals:

- Get the basics mastered, working on core errors, fix it!
- Skiing Drills
- Improvement of movement patterns
- Main focus = Top of the turn-transition-initiation
- Turn connection/Transition-Inclination, get the pressure into the turn-new outside ski
- Tech. Transfer into the Gates, easy GS and SL Courses

Main Focus: Technique

Contents: free skiing, working in the stations GS and SL

Stations: short till normal runs, high repetition.

Report:

The mix between Technical Drills-free skiing with Jure from the SLO Demo Team and then the transfer of the acquired skills into the gates was good.

The conditions were mixed. From backed conditions to powder skiing everything was there.

A good range of variation was possible.

Goals achieved, great start into the summer preparation.

Camp 2: Kaunertal

Extensive periode: Tech. drills / easy gate training; GS and Super-G, Speed gliding turns, Pannel SL

Date: 24.05.-03.06.21

Goals:

- Improvement of movement patterns-get the basics mastered
- Working on Basic position, core movements, strong position
- Strengthen and vary the basics
- General set up of equipment
- Main focus = top of the turn-transition-initiation, get early pressure into the turn
- Transfer into the gates (GS, SG, Speed gliding turns).
- Introduction to easy gate training GS and Super-G
- Speed gliding turns (work on tucking position-high-low and equipment, start technique)
- Line/Timing: Easy touch at the Gate-ski deep into the turn

Main Focus: Technique

Contents: acquire, consolidate and vary the technique

Stations: short to normal distance

Report:

The conditions in Kaunertal have been good. The surfers was getting better each day.

In GS it's still important that she is precise over the new outside ski at the top of the turn! No hanging in with the inside shoulder. SG was an easy start in moderate terrain. Just right to test a few new things with the equipment tuning.

We tried a new setup in SG with more base bevel (more hanging). It seems to work. Ilka had a good feeling in the long turns.

We will try more again over the next camps.

In general we could achieve the goals of the camp. We could ski the planned days.

The foundation for the summer training is done.

Camp 3/4: Saas Fee

Extensive/Intensive periode; automate of movement patterns, transfer into the gates

Date: 29.08.-17.09.21

Goals:

- Strengthen and vary the basics
- Focus in the gates = top of the turn-transition-initiation-early pressure into the turn.
- Pressure on the outside ski from top till the exit of the turn
- Variation in GS (intermediate terrain = vary course settings)
- Automation and refining of technique in the gates "Clean arcs"
- SG /DH easy course setting on easy terrain, if possible due to snow conditions
- Line/Timing: ski forward, deep into the turn. Strengthen, variation and addition in GS and SG/DH. Easy gate touch.
- Work on Speed Elements; Jump and rollers
- Improvement of movement patterns.
- Transfer into gates (GS,SG,DH).
- SL Ski with panel gates, SL introduction.

Main Focus: Technique transfer into the gates

Contents: variation and addition

Stations: short to normal distance

Report:

The main Focus in the first part of the camp was in GS. Get the technic automatized in different terrain and working on the line (deep into the turn) and get the timing right on spot. Ilka made a good progress during this period and she could rise her level in GS.

Also she was able to implement the technical skills into the Super-G and Downhill. We have to be careful to keep her natural gliding skills up right! Support her intuition.

With the equipment refinement we still need to search the right set up for SG. The longer plate seems to be the right solution in general. But in steeper terrain and harder turns the shorter plate works good too.

It was a great camp. We could ski the planned amount of days. Goals are achieved.

Now the next step is, to leave the „comfort zone“ , start to push the limit and keep the balance at "the limit".

Camp 5: Zermatt

Extensive/Intensive period; automate of movement patterns, „learn to perform again“

Date: 26.09.-03.10.2021

Goals:

- Strengthen, variation and addition in GS
- Equipment refinement
- Anticipation in timing/line/tactics
- Speed KM:
Speed Elements/Variation in SG and DH
- Gain the confidence and the balance to push safe for the limit
- Strengthen and vary the basics, „leave the comfort zone“
- Automate the movement patterns in the „performing zone“
- Focus in the gates = top of the turn-transition-initiation-early pressure in the gates
- Automation and refining of technique in the gates “Clean arcs“ GS-Super-G, DH

Main Focus: Technique, automation, development, find the confidence to push.

Contents: variation and addition

Stations: normal distance and over distance

Report:

The conditions in Zermatt were different to Saas Fee. The surfers was more challenging.

It was important to have that change into a different terrain and gain some great variation.

Ilka could move to the next level and she started to leave the „comfort zone“. She was able to learn to perform again! But she still needs to get more consistence.

The Technique is getting more and more automatized in the gates with different variations (course settings, terrain, length). Block vs. Random.

The Variation in terrain, tempo and technical demanding was given trough the classic downhill course and the new more technical speed course.

We did get what we wanted.

Camp 6: Saas Fee:

Intensive period: Automation, get more consistence in the “performing zone”.

Date: 10.10.- 21.10.21

Goals:

- Gain the confidence and the balance to push for the limit
- Strengthen and vary the basics, „leave the comfort zone“
- Automate the movement patterns in the „performing zone“
- Focus in the gates = top of the turn-transition-initiation-early pressure in the turn
- **Technic/Tactic/Line-Timing (Transition-Shaping-completing the turn)**
- Transfer GS Technique into Speed Disziplines
- Automation and refining of technique in the gates “Clean arcs“ GS-Super-G, DH
- Speed KM
- Equipment refinement
- Working on Speed Elements, Rollers and Jumps
- GS/SL training in addition to improve technique

Report:

We started the camp with a day of GS to work on the technical basics again. We were able to use the great conditions on the hill and could stick to our program. The goals regarding “transfer the GS technique into the Speed Disciplines” is in process.

The cooperation with Swiss Team was great. So we could work on a high level Quality in Training and Ilka needs to compare herself with other athletes. She improved a lot with dealing the right way to push for the Limit and the searching the fast line. In DH she is on a competitive level. In Super-G we still have some work to do.

Equipment refinement:

-The Boot set up with the softer calf (CA-CB DH/SG CB-CC GS) seems to support her movement at the top of the turn and also while completing the turn. More flex forward, easier work in angulation with knees and hips to complete the turn. (Hand on the steering wheel).

-Super-G: 212 cm Model is for sure the right way to go.

Next step is, that she learns to trust her outstanding physical conditions. Ilka needs to trust her Body to overcome the fear to get injured again. Confidence in herself, in her skiing, performance in all conditions!

Push the limit and search the fast line!

Camp 7: Colorado Copper Mountain:

Specific Period: Variation and competition Preparation

Date: 07.11.- 25.11.21

Goals:

-Transition of Technique to Colorado/North-America Snow

-Equipment Refinement

-Addition and Timing of line

-Balance at the limit

-Search and find the fast line

-Gain the mental strength and confidence for success

Main Focus: Variation, Addition of specific Tactics

Contents: variation in challenging terrain, Course setting...Terrain Changes, hammering!

Stations: Normal Distance, Over distance, Tapering

Report:

The conditions in Copper Mountain were absolutely awesome. With the great support of the Mountain staff and the cooperation with the US Ski Team, we could work with the planed training schedule and did reach the goals.

For the specific period and race preparation copper is the best site at this time of the year. Full length of Downhill and Super-G. Elements with Jumps, Rollers and high pressure turns.

Thanks to Darja, Sepp and Tina for the outstanding work. It was a great preparation period.

For sure there was always some small injuries and we could not train the planed volume in GS and SL but even tough, now it's time to Race!

Competition season:

The transition from preparation to competition period did not work at first place.

The 5th place in DH in Val disere was for sure a promising result. Ilka was back on the way to the podium. This should be the turnaround point.

But after this VD result she got infected with covid-19. We lost important trainings and the positive energy.

For sure we had also some equipment issues and then followed with back and knee problems toward the Olympic games.

The whole season turned out very difficult.

We could not achieve the goals we set.

Organization:

The cooperation with Germany and the USA was very good. We were able to use synergies on both sides.

The willingness to help between the different work areas was always present.

Physical Training/Medical Care:

Tina Kobale did a great job as a physiotherapist and fitness trainer. The Covid test support was also very helpful.

Environment:

Thanks a lot to the SLO Ski Federation for the great support and the work relationship.

Planung:				Trainingsstage Ski	Trainingsstunden Ski	Trainingseinheiten AF	Abfahrt KM	Trainingseinheiten SG	SG-Tore	Trainingseinheiten GS	RS-Tore	Trainingseinheiten SL	SI-Tore	Trainingseinheiten Frei/Technik	Ausfall kein Skitraining
Total Training Ist				55	169,0	15	143,5	20	3244	20	3842	2	732	4	5
Vorbereitungsphase				67	180,0	12	110,0	16	2500	30	5500	10	4300	3	5
Differenz				12	11	-3	-34	-4	-744	10	1658	8	3568	-1	
Datum:	Days	Kurs	Ort:												
16.05.-26.05.21	6	S1	Kaunertal	6	15,0					3	910	2	732,0	1	3
27.05.-03.06.21	6	S2	Kaunertal	7	21			4,0	927	5,0	938			1,0	
29.08.-17.09.21	15	S3/S4	Saas Fee	14	49	4	36,0	5,0	804	6,0	968			1,0	1
26.09.-06.10.21	10	S5	Zermatt	6	23	1	8,3	4,0	522	1,0	162				
10.10.-22.10.22	10	S6	Saas Fee	9	24	4	32,0	2,0	341	3,0	668				1
07.11.-25.11.22	18	S7	Copper Mt. / USA	13	37	6	67,2	5,0	650	2,0	196			1,0	

Subjective Evolution- and Performance curve Ilka Stuhec 2021 - 2022											
Ilka Stuhec	April-Mai	Juni-Juli	August	Sept.	Okt.	November	Dezember	Januar	Olympic Games	März	Durchsch.
Ilka Stuhec ist											
Ilka Stuhec soll											
Ilka Stuhec ist	1	1	1,5	2	2,3	2,5	2,7	2,5	-2	1	1,45
Ilka Stuhec soll	1	1,5	2	2	2,6	2,8	3	3	3	3	2,39
											1,92
Sehr Gut	3										
Gut	2										
Mehr als genügend	1										
Genügend	0										
Leicht Ungenügend	-1										
Schlecht	-2										
Sehr Schlecht	-3										

